

XOCAI MEGA "The Ultimate Antioxidant Bar" Dark Chocolate With Acai & Orange

We are all in the search for a healthy candy bar. I want to connect one health aspect of the XOCAI OMEGA Bar which is extremely important. Consumers are shopping for fish oils and not realizing the potential for secondary toxins. A diet with a ratio of 3 to 1, Omega 6 to 3 is considered well proportioned. However, what we really need to ingest is a diet rich in DHA. The answer: XOCAI OMEGA Bar.

Two important Omega-3s are EPA and DHA. These are highly deficient in most people's diet and are absolutely critical to your health. These EFAs are found naturally in wild-caught cold-water fish. Most of us simply do not eat enough to enjoy the benefits Omega-3s provide, and there's a growing concern about environmental toxins such as PCBs, Mercury and other heavy metals frequently found in fish. Flax seeds contain alpha linolenic acid (ALA) and the human conversion of ALA to EPA and DHA is somewhat slow and inhibited by various conditions.

DHA is needed for: BRAIN health, visual and neurological growth. DHA supports functions like learning, memory and cognitive development of the brain. Low levels of DHA are a risk factor for Alzheimer's disease and age related cognitive impairments. DHA also protects us from the harmful effects of stress. DHA is especially important for pregnant and lactating women as it is instrumental in the development of visual and brain development for the fetus and infant. A study found that children of mothers who took cod liver oil during pregnancy and lactation had higher IQs at age four than those whose mothers took a placebo.

In order to be safe and to make sure you get all the health benefits of increasing the amount of omega 3s in your diet, you should only take fish oil supplements that meet the following criteria:

Your fish oil must list the specific species of fish used to make the oil. Salmon, tuna, sardines and anchovies are the richest sources.

Your fish oil must contain omega 3 fatty acids - not just "fish oil". They are not the same thing.

It should list the total amount of EPA and DHA on the label. This should add up to the total amount of oils in the product. If they don't, you're being sold a bunch of filler oils (yuck!)

The oil should be pressed from only the flesh of the fish. Don't accept products that are pressed from heads, tails or internal organs. Why would you want oil from the parts of the fish that humans don't eat?

The fish used for the oil should be health screened and disease free. Make sure that the manufacturer knows exactly where their fish are coming from. Your fish oil should be guaranteed to be 100% pure. That means absolutely no toxins, heavy metals or pesticides.

Stay away from fish oil that has been molecularly distilled. The distillation process alters the natural form of the oil. Yes, it may remove some of the toxins, but the oil is no longer in its natural state. As a matter of fact, molecular distillation causes the oil to be oxidized and there's nothing worse for you than an oxidized oil. If your fish oil is molecularly distilled, you should be wondering how polluted the fish oil was to start with that they had to use such an aggressive purification process on it.

It is my opinion that the healthiest food is that which is lowest on the food chain. Algae lives on the ocean surface and is responsible for most of our oxygen. Oil can be extracted in the form of DHA and it is elementally pure. Each XOCAI OMEGA Bar has 200 mgs of DHA. This is the most delicious, incredibly healthy, cost effective candy bar I have ever seen. I do not know if there is another candy bar in the world like this one. Enjoy!

Attached Image: itsasmarterchocolate2.jpg

