

Published based on [My Secret Weapon Supplement For Weight Loss And Just About Everything Else](#)

My Secret Weapon Supplement For Weight Loss And Just About Everything Else

I'm an expert on all aspects of health and fitness... including supplementation. If I didn't know anything about you or your situation and was forced to choose a supplement for you, I'd probably recommend the same supplement to 90% of you.

Why?

Because it's almost the perfect supplement. It sure does help with weight loss, although it isn't a quick fix. But more important than that, it relieves just about all health problems a person can have.

Seriously!

You can go to pubmed.gov... a government run health site. Type in "fish oil" with whatever health problem you may have. I'm willing to bet a lot of money that whatever studies show up in the search results will show fish oil to have a positive effect in helping to fix, alleviate, or dare I say cure the problem.

Go check it out and see for yourself if you don't believe me.

Why is it that fish oil and fish oil pills are so great for you? It's pretty simple.

They contain high amounts of DHA and EPA, Omega 3 fats. The average person today eats 20-50 times less Omega 3 fats compared to our caveman ancestors... and our genetics are almost exactly the same as theirs. So we should be eating exactly what they ate since the body was built to eat the way they did.

Our bodies weren't built to efficiently eat processed foods such as cookies; or grains such as corn. However, since you don't live in a bubble, the next best thing you can do is to take fish oil or a fish oil pill.

The DHA works wonders on the brain and the EPA works wonders on inflammation. Keep the brain young and you will feel mentally younger. Keep inflammation in check and you'll live longer... with less health problems.

The cherry on top is that you will also lose weight taking fish oil pills over the long term. It's a slow and steady weight loss. Nothing quick. The reason why fish oil contributes to losing weight is because the Omega 3's in it help to balance out the high amounts of Omega 6 and Omega 9 fats in our unnatural diets.

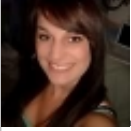
Without this balance and high amounts of Omega 3 healthy fats, our bodies become out-of-whack and start giving us health problems which lead to weight gain and many other things.

Now, how do you choose a quality fish oil pill?

First, if you see on the label that the fish oil blend has 180mg of EPA and 120mg of DHA, the chances are it's a generic blend and probably not the highest quality choice. I'd guess that about 80% of the fish oil pills on store shelves fit this description.

The benefit to those generic ones is that they're relatively cheap. But they probably aren't the purest forms of fish oil. So you'll have to eat a lot of them to notice any benefit. I would recommend a higher priced fish oil pill, but I don't want to tell you which one because a few of you would probably accuse me of somehow profiting from my advice or having a hidden motive for suggesting a certain brand.

So my best advice is to do some research on your own and learn as much as you can about fish oil pills. Then look for a company that you think is reputable. Then start taking fish oil or fish oil pills for the rest of your life... they're that important in the world we live in today.



If you're **SICK** and **TIRED** of getting the same old boring weight loss advice...you know, like "Eat more fruits and vegetables, drink 8 glasses of water, jog, and Blah Blah Blah", then... [Click here](#) to learn how to Skyrocket your [Weight Loss Success](#). Strange but true!

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