



Office Hours 9:30 a.m.-5:00  
or by Appointment

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# Latest Research on Allergies

## Sniffles and Sneezes

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### Notice

This newsletter is designed for educational purposes only. Any individual suffering from health problems which are mentioned or discussed should consult a physician for proper diagnosis and treatment.

### Technical Information Page

## Allergy and Asthma Update

An incredible recent development in medicine points to the probable value of salmon oil for asthma, inhalent allergy and nasal congestion.

A recently developed substance called A-64077 has been shown to markedly improve allergy induced nasal congestion in volunteers.<sup>1</sup> In another study asthma symptoms were decreased.<sup>2</sup>

Researchers are excited but cautious. Similar inhibiting compounds in the past have caused gastric ulceration and hypertension.

## Cause of Allergies Clarified

This research produced its incredible improvements by inhibiting something called 5-lipoxygenase. This substance is involved in the synthesis of another substance (leukotriene B4) thought to be involved in the allergic response.

The exciting part of this is that fish oils in generous quantities have been shown to reduce 5-lipoxygenase 48% and leukotriene B4 by 58% in healthy volunteers.<sup>3</sup>

This research gives us an explanation of why so many individuals who have used Neo-Life Salmon Oil have reported improvement in allergies or asthma.

## Quality of Neo-Life Salmon Oil

Neo-Life Salmon Oil is qualitatively superior from two standpoints. Firstly, potency is assured. A study by Tufts University found that 10 major brands of fish oil products on the market had only 38% of the active ingredient in the capsules that was listed on the label.<sup>4</sup> Testing of Neo-Life found 100% or more from the time that the product was

introduced. The active ingredient in these oils is very fragile and readily destroyed by improper handling.

Udo Erasmus writes, "EPA and DHA are extremely sensitive to destruction by light, air, and heat — even more sensitive than LNA (linolenic acid), which is considered the 'prima donna' of the essential fatty acids because it is so emotional, so labile, so reactive."<sup>5</sup>

An article in Science News notes that "for maximum efficacy, the fish oils must not undergo oxygen-mediated chemical reactions. Preventing oxidation can pose a challenge...because omega-3 fatty acids are extremely susceptible to it."<sup>6</sup>

Neo-Life is also the only company I am aware of which routinely tests its fish oil product for contamination by pesticides and heavy metals. It is well known that pesticides like DDT and toxic metals like mercury have an affinity for fat and accumulate there. No pesticides, herbicides or heavy metals have been detected in Neo-Life Salmon Oil.

### References:

1. Knapp, Howard, R., "Reduced Allergen-induced Nasal Congestion and Leukotriene Synthesis with an Orally Active 5-lipoxygenase Inhibitor," *New England Journal of Medicine*, v323, Dec. 20, 1990, p. 1745.
2. Stechschulte, Daniel, "Leukotrienes in Asthma and Allergic Rhinitis," *The New England Journal of Medicine*, v323, Dec. 20, 1990, p. 1769.
3. Lee, Tak H., et al., "Effect of Dietary Enrichment with Eicosapentaenoic and Docosahexaenoic Acids on In Vitro Neutrophil and Monocyte Leukotriene Generation and Neutrophil



