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# Are Omega 3 And Brain Health Related?

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Studies concerning omega 3 and brain function have revealed many things. First, we know that low levels of the nutrients in the bloodstream are associated with disorders that include depression and schizophrenia.

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Second, we know that the gray matter contains a great deal of fat and that about 40% of that fat is DHA (Docosahexaenoic acid), a specific omega-3 that seems to be very important in many ways. Third, we know that supplementation or increased intake of DHA and EPA (Eicosapentaenoic acid) is associated with reduced symptoms of depression and attention deficit disorders.

Fourth, we know that DHA is essential for normal brain development in the fetus and during infancy. That's why you will see DHA-enriched infant formulas and baby foods. It is already present in breast milk, although mothers should be sure that their intake is adequate, in order to prevent the depletion of their own blood stores and risk depression.

Studies are currently underway concerning the benefits for neurological conditions such as Alzheimer's and Parkinson's disease. The nutrient may be helpful for those conditions, as well.

Research concerning omega 3 and brain trauma is ongoing at Louisiana State University, where doctors are looking at the benefit to patients recovering from stroke. The idea is that we want to be able to rebuild damaged brain cells and neurons. In order to do that, we need the right building materials. DHA is one of the necessary building blocks.

DHA, EPA and other omega3s benefit the entire body by modulating or

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reducing inflammation. We know that omega-3s are used by the body to produce less inflammatory molecules than the omega-6s. Research indicates that omega-3s stimulate the production of molecules that signal the immune system to stop inflammation.

The latest research indicates that fish oil, which is rich in omega-3s, has natural anti-inflammatory activity. In some cases, a fish oil supplement has as much anti-inflammatory activity as aspirin.

In addition to the studies concerning omega 3 and brain benefits, there have been hundreds concerning the anti-inflammatory benefit to patients suffering from arthritis, lupus, inflammatory bowel disease and other painful conditions. Fish oil supplements have proven beneficial for people suffering from migraines and cluster headaches, as well.

It is sometimes hard to believe how many benefits are associated with fish oil and the nutrients that it contains. But, if you think about it, it isn't really that hard to understand.

The connection between omega 3 and brain function is easy to understand when you know that it DHA is one of the building blocks of neurons. If you think about man's traditional diet, you realize that fish was a big part of it. It has long been referred to as brain food. We just didn't know why it was so valuable.

The inflammation connection is more complicated for people that don't have a scientific background. Basically, the fats in our diet can contribute to inflammation or reduce it. We'd prefer to reduce it.

As we learn more about omega 3 and brain function, we may find that there are other benefits. If you want to think clearly for the rest of your life, take a supplement and hope.

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Laurel Cohen is a strong advocate of natural health in all its forms: skin care, supplementation, and farm fresh foods. She enjoys introducing people to the best natural products she can find and uses herself daily. Visit her site [www.omega-3-for-health.com](http://www.omega-3-for-health.com) to learn about the omega 3 fish oils Laurel uses daily for optimal health.



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