

## Building Better Brains with Omega 3

Consuming fish oil, such as trout and salmon (or taking an Omega-3 supplement) can help improve your memory. A new study has indicated that the fatty acid in fish can boost memory function by at least fifteen percent. With those conclusions, scientists are now expressing how important a fish-rich diet is for preventing dementia and maintaining optimal brain health.

Despite what you may believe, Omega-3 fatty acids are very important when it comes to weight loss, heart health, and yes, even brain health. These fatty acids can have many different powerful benefits to both your body and your brain.

### Helps Fight Depression

Many people are diagnosed with depression – this is one of the most common mental disorders. Symptoms of depression include lethargy, sadness, and a loss of interest in things you once loved. Anxiety is also another common disorder, and this can be characterized by nervousness and constant worry.

Studies have found that individuals who turn to omega-3 on a regular basis are less likely to be faced with depression. What's even better is that when individuals who are diagnosed with depression or anxiety turn to omega-3 supplements, their symptoms improve.

### Promote Brain Health in Children

Omega-3s are important for brain growth. Infants that are given DHA-fortified formula have a tendency to have better eyesight than those who are fed normal formula that doesn't contain it. It is also important that you get enough omega-3 when you're pregnant, as this will be beneficial to the child.

There are numerous benefits:

- Better communication
- Better social skills
- Higher intelligence
- Less behavioral problems
- Decreased risk of autism
- Decreased risk of ADHD

Deficiency in Omega-3 is linked to poor eyesight, low intelligence and an increased risk of various health issues, so it is important that you get enough Omega-3s while pregnant and continue this after the child is born.

### Anti-Aging Benefits on the Brain

Omega-3 has some pretty nice anti-aging effects on the brain, both structurally and functionally. Omega 3s have been proven to have a direct effect on hippocampus volume and the overall brain. For those of you who aren't familiar with the hippocampus, this is an area of the brain that is responsible for memory and learning.

Omega-3 is incredibly important for the health of your brain. You can get it from eating fatty fish at least 2 times a week, or simply taking Omega-3 supplements, which are available over the counter in most

department stores. If you lack Omega-3 in your diet, this is a highly effective way to improve your brain health, and overall health.