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## **Introduction**

Firstly welcome to our beginners guide on Omega 3, I just want to say thank you for joining me as we embark on a quick journey of discovery into this somewhat miraculous fatty acid.

You've probably been hearing a lot about Omega-3 fatty acids lately – but what exactly are they?

Of course, most people understand that Omega-3s are good for their health, but they don't know exactly why or how they work.

In this short no-fluff beginners guide to Omega 3, we will be going over what Omega 3 is, how it can optimize yours and your family's health, how to choose a supplement and much more. Are you ready? Let's get started...

## **Chapter 1 – What Is Omega 3 & Why Is It Healthy?**

Considered one of the essential fatty acids, Omega 3s are essential to human health.

*The problem is our bodies are unable to make them on their own!*

So that leaves the food we eat as our main source of Omega 3.

Of course, we can, and most of us should, also take an Omega 3 supplement to ensure that our body has all of the important fatty

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acids that it needs to build muscles and maintain proper cell growth.

Omega 3s are considered a polyunsaturated fatty acid (PUFA) that is crucial to maintain proper brain function, growth and development.

An important anti-inflammatory, one of Omega 3's jobs is to help prevent such degenerative diseases as arthritis, cancer, heart disease, and even memory loss.

Of course, Omega 3s also aid in keeping skin taut and smooth, thus playing an important role in keeping us looking younger longer. From warding off wrinkles, to helping to keep coronary arteries clear, Omega 3 fatty acids have been linked to all sorts of health benefits, which we will discuss in detail in the upcoming pages.

First, let's look at the three main types of Omega 3 fatty acids: EPA, DHA and ALA.

**Eicosapentaenoic Acid (EPA)** is a very important Omega 3 fatty acid.

New research indicates that EPA can actually prevent a heart attack or stroke. One study even reported that people with low levels of EPA in their body are as much as 47% more likely to suffer a cardiac episode than those with sufficient levels of EPA in their system.

To keep a sufficient amount of EPA in your system, you would need to eat between 400 and 500 grams of cold water fish such as sardines, mackerel, or salmon 2-3 times per week. Few people, unfortunately, can stomach that much deep-sea fish. Even if you could, most experts warn against it since so many of the world's fish are now contaminated with mercury and other toxins.



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So what's the alternative? Taking 1,000 mg of EPA rich fish oil on a daily basis is considered by most experts to work well at keeping EPA blood levels just as high as eating large amounts of deep sea fish. Keep in mind though, that EPA also needs DHA in order to work properly, so be sure any supplement you buy contains both.

### **What Is DHA?**

Docosahexaenoic Acid (DHA) is another very important Omega 3 fatty acid needed by the body to achieve optimal health. It is one of the longest chains of PUFA's found in Omega 3s. It is also essential to good brain function. Nearly one fourth of the brain is made up of DHA and without this important fat, you can suffer from several mental disorders, depression, or even Attention Deficit Disorder (ADD)!

In fact, scientific research has demonstrated a correlation between increased DHA levels and decreased incidence of Alzheimer's Disease. Worse yet, without the right amount of DHA, your brain is unable to tell all of your organs what to do. Your

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heart can't beat and your lungs can't breathe without an order from your brain.

Even if a low DHA level doesn't cause your body to go into catastrophic breakdown, it can leave you susceptible to a myriad of diseases or illness.

Now that you know how important getting the right amount of DHA is to overall health and wellbeing, you may be wondering what your best source of it is... fish oil.

You can get DHA laden fish oil in one of two ways:

By eating more fatty fish or by taking a DHA supplement. Either way, the important thing to remember is that both EPA and DHA are crucial Omega 3 fatty acids that you must get regularly in order to ward off disease.

## Why is ALA Fatty Acids So Important?

Found mainly in dark green, leafy vegetables, flax seed, and walnuts, Alpha-Linolenic Acid (ALA) can do something other Omega 3 fatty acids can't: if your body needs them, it can convert ALA into both DHA and EPA. This is a unique and wonderful ability, since our bodies needs these important Omega 3 fatty acids to stay healthy.

*Omega 3 fatty acids are the good fats in our healthy diets. They are the fats our body needs to properly function.*

They help keep our heart functioning at a healthy rate. Keeps our brains functioning as we age and help infants gain information. Omega acids also help keep our joints functioning.

While our diet recommends we limit our oil and fat consumption, we do need them. Fat and oil help keep our bodies at our peak

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performance. Fat is what keeps our bodies on the move, this is why it is best to get the healthier versions. The healthy oils provided by fatty acids help keep the fats consumed from turning into heart clogging cholesterol. This is also avoided when you limit your fat intake in your diet.

While adding Omega 3 fatty acids to your diet does have health benefits always discuss with your doctor. They will be able to provide resources for what source works best for your diet.

We have all heard the speech given that we need a healthy diet. Over the decades this became an issue with the invention of snack foods. It became easier to just grab the unhealthy snack foods instead of finding healthier alternatives. This is why the average diet is full of unhealthy fat, salt, and sugar.

Over the decades, we have seen the health problems involved with this diet. Including diabetes, heart attacks, cholesterol issues, hypertension of the heart, obesity. When you are used to an unhealthy diet it gets harder to reverse it properly. This process is much less complicated if you start with small changes and keep them so they become habits. This process can take up to a month of doing the new changes for it to become a habit.

## **Where Do They Come From?**

While the Omega 3 and 6 acids are essential to our bodies, we do not produce them on our own. We can only get these acids by food or supplement sources. Our bodies absorb the natural sources much easier.

This is why doctors recommend eating the fish and nuts for those deficient in fatty acids. You want your diet to be varied in the sources in which you get these acids. This helps to prevent you becoming bored with the foods you are eating. You can do this by eating a large variety of the fish available as well as the nuts, seeds, and plants.

DHA and EPA are found in fish such as halibut, salmon, anchovies, blue fish, mackerel, trout, bass, sardines and tuna. Keep in mind wild salmon fish has more omega 3 acids than the farmed variety. It is the same with the trout, the lake trout have more acids than the farmed trout. You can get fish from your local butcher, fish monger, or grocery stores.

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While it is more expensive in some areas the health benefits outweigh the costs. If possible find sales, or even go fishing this will reduce costs. Fish can be frozen for later consumption just make sure to check for pin bones to reduce the risk of choking. It is also recommended that pregnant women not eat farmed fish or blue tuna. They both have a higher risk of contaminants such as mercury, lead, and pesticides.

ALA Is found in walnuts, flax seeds and oil canola oil, soybeans and soybean oils. Smaller amounts of the acids are found in dark leafy greens such as kale, spinach and some varieties of lettuce. It is also found in sunflower seeds and oil, cashews, pumpkin seeds and peanuts. This is why doctors recommend things like mixed nuts to help obtain this fatty acid. Dark leafy greens are also a source of iron essential for hemoglobin production in the blood.

*Note: It is recommended that young children do not eat nuts until they are four years old at the minimum*

## **Optimize Your Health With Omega 3**

Well that's a basic introduction into what Omega 3 is and why it is so healthy. Over the next few chapters we will take a more in depth look at the history of Omega 3, how it can aid the whole family and how to choose the right form of Omega 3.

## **Chapter 2 – The Discovery & History Of Omega 3**

For years, researchers have combed through Omega-3 fatty acids. In the 1940s, Hugh Sinclair, a British physiologist, put forward the link between the increase of heart disease in the Western world and fatty acid deficiency.

Further studies were made in the modern times and these studies covered the benefits of Omega-3 fatty acids. The studies show that the Eskimos in Greenland who consume a lot of fish had markedly lower heart attack rates compared with subjects in the Western communities.

In the Dietary Guidelines for Americans that came out in 1995 and 2000 and published by the U.S. Department of Agriculture, Omega-3 fatty acids were mentioned. The guidelines suggested the use of polyunsaturated and monounsaturated fatty acids, although no recommendations were made about omega-3 fatty acid consumption.



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In 2002, the American Heart Association published the first guidelines that recommended the use of omega-3 fatty acids in individuals with or without heart disease. Included in the recommendations was the consumption of fish twice a week.

People with heart disease were recommended to consume a certain amount of these acids per day from sardines, trout and salmon. However, where fish oil supplements are concerned, patients are advised to consult with their medical practitioners.

In 2010, the guidelines set by the American Heart Association and the U.S. Department of Agriculture recommends the consumption of fish two times a week for people without heart disease.

As you see, Omega-3 is certainly not new ... and more discoveries are being made every day which is certainly exciting!

## **Chapter 3 – Selecting An Omega 3 Supplement & Getting The Most Out Of It**

If you want to reap all of the benefits of Omega-3, but you don't like the type of foods that contain Omega-3, that is fine, because there are supplements out there with Omega-3 conveniently loaded into a pill.

These supplements are often referred to as "Omega-3 supplements" or "fish oil supplements." They come in many forms and doses. In fact, this is one of the most popular supplements available on the market today.

Fish oil supplements are generally considered safe for most people. In very rare cases, such as those where patients already have an underlying bleeding condition, large doses of Omega 3s can cause a slight risk of bleeding, so it is important to always check with your physician before beginning any type of regular supplementation.

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For most people, the only unpleasant side effect of taking a fish oil supplement may be mild indigestion or “fish burps” that are a result of ingesting the oil derived from fish.

This complaint is generally not too bothersome and can be reduced or eliminated by taking the supplement with a meal. Omega 3 supplements can round out a healthy diet and increase the amount of beneficial fatty acids that we consume each day. They are not, however, a replacement for nutritious eating habits that includes vegetables, whole grains, fish, and lean meats.

Supplements, especially Omega 3s, are like an insurance policy for your health, making up for whatever is lacking in your diets as a whole. We shouldn't think of supplements as an invitation to eat fast food and junk, but rather as a way of making sure that we are getting the maximum health benefits available from both the food we eat and the supplements we take.

## Why Are Omega-3 Supplements Recommended?

It's not hard to understand why the world is suffering with obesity, high blood pressure, heart disease, and other preventable diseases: simply put, it's our diet.

*Large portions of highly processed and fried foods have become staples in most people's diets.*

It's no wonder we have epidemic levels of childhood obesity and increasing cases of type 2 diabetes every year.

We need to return to a more balanced diet high in whole grains, fresh fruits and vegetables and foods that are high in Omega 3 fatty acids. This will put all of us on the path to good health and an Omega 3 supplement will ensure our destination.

There are many so-called miracle drugs that have hit the market making huge promises to improve health or cure disease. More often than not, however, it is later revealed that they have done more harm than good. In addition, there is a lot of hype and misinformation regarding supplements.

Many have not been researched thoroughly and can't live up to the claims they make for better health or improvement of symptoms. Omega 3s are the rare component that bridges the gap between traditional and alternative medicine. Experts on both sides agree that there are real and significant health benefits when the amount of Omega 3 fatty acid is increased through diet or supplementation.

## How Can You Get More Omega-3s in Your Diet?

Many people know that a good way to add Omega 3 fatty acids to their daily diet consists of eating more fatty fish like salmon and tuna, tofu and soybeans, and natural olive oil.

### **How Much Omega-3 Should You Take?**

Dosage requirements may vary according to an individual's needs, but most experts agree that at least 2 and 4 grams daily are necessary.

That, however, would require eating quite a bit of the food items listed above; so many doctors are urging their patients to begin Omega 3 supplementation. This ensures that you are getting a consistent and sufficient Omega 3 fatty acid supply.

It is also important to keep in mind that experts recommend Omega 3 supplements for many people because the fish that might supply the necessary dietary fatty acids may be high in mercury. In addition, fresh fish is unavailable for many people across the country and heavily processed fish products don't

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supply the same quantity or quality of fish oil and Omega 3s that fresh fish would.

Dosages of Omega 3 fatty acids are essential for good health, but most of us just don't get enough of them in our regular diet. Fish oil supplements that supply the necessary amounts of Omega 3s are abundant and varied, making it difficult to know how much is enough.. We know that Omega 3s are linked to better cardiovascular health, brain function, reduction in inflammatory, and may be helpful in fighting off other health problems.

## **Decoding the Supplement Label**

It is important that you learn how to decode the supplement label. There's two important numbers on a fish oil label that you should be familiar with – the number of pills contained in a single serving and the actual Omega-3 content, expressed in milligrams of EPA and DHA.

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In order to determine the actual Omega-3 content of a dose, you will need to read the supplement facts level and add up the listed milligrams of both DHA and EPA in order to see what dose you're getting.

Take note that one gram is 1,000 milligrams, and two grams are 2,000 milligrams. These numbers are hardly ever listed on the front of the label. Some fish oil marketers mislead consumers by claiming a high number of milligrams of total fish oil listed on the front label, like "1,200 milligrams fish oil." However, this is referring to the amount of the oil itself, not the actual Omega-3 content



## Chapter 4 – Benefits Of Omega 3 For Your Health & Your Body

Our bodies don't produce Omega-3s, so it is important that you get Omega-3 fatty acids from your diet, or by taking supplements. There are so many health benefits you can get from daily consumption of Omega-3 fatty acids. In this chapter, we're going to take a look at the benefits of Omega-3 for your body and health ...

### Nuts

Don't Forget to Include Nuts in Your Daily Menu to Help Prevent Heart Disease

Nuts are rich sources of Omega-3 and Omega-6 fatty acids. It helps in preventing heart disease and this is the reason why it is recommended to eat a handful of nuts every day. Nuts are the ideal snack that you can think of having between breakfast and

lunch. It is also a healthy snack when compared to other fat-rich oily snacks.

Some of the different ways that you can prepare the nuts to add taste to your daily menu: Add toasted almonds to your baked chicken dish to increase the taste of the chicken.

You can garnish your salads with walnuts to add a nice crunchy taste to your salads.

Eat stir fries with almonds or cashews.

## **Helps to Builds Bone Strength**

It has been researched that people who take adequate amounts of omega-3s on a daily basis help in increasing the calcium levels in their body. This will ensure that the bone strength is increased.

People who do not eat sufficient amounts of fatty acids that contain EPA, GLA and DHA have lesser bone strength and density than people who take in normal recommended levels of fatty acids.

### **Reduces Cancer Risk**

An Omega 3 fatty acid diet is found to be very helpful in preventing as well as reducing the risk caused by colon cancer. Women who take adequate amounts of omega 3 fatty acids foods in their diet will find that they are less prone to diseases such as breast cancer and prostate cancer in Men. A low fat diet that is rich in omega-3 fatty acids from fish or fish oil is ideal in preventing the progress of prostate cancer.

### **Lowers Depression**

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Fish oil is a rich source of omega-3 fatty acids and it helps in reducing the depression levels. People eating foods that contain higher levels of omega-3s are found to enjoy reduced mood swings and also enjoy an increase in the effects of antidepressants.

*It has also been found out that the omega-3 fatty acids helps in increasing your memory power as well as helping the nervous system to perform properly. It is a powerful source that helps fight depression.*

People who are suffering from bipolar disorder will be able to easily fight depression and other mental problems if they regularly take in Omega-3 fatty acids. Omega-3s are also found to reduce depression and manic problems in juvenile bipolar disorder.

It is highly effective for treating women that are experiencing postpartum depression. The supplementation of fatty acids also helps in reducing attention-deficit/hyperactivity disorder (ADHD) in children.

### **Helps to Control Diabetes**

It has been researched that eating fatty fish that is rich in omega 3 fatty acids has positive effects on blood sugar levels in people with diabetes. Regular consumption of omega-3 rich foods, especially fish helps diabetes people to lower fasting glucose concentration and also helps in increasing insulin levels significantly. It is also found out that eating fish rich in omega 3 fatty acids reduce the development of type-2 diabetes.

Taking in omega 3 fatty acid supplements regularly resulted in reducing homocysteine levels in patients suffering from diabetes. It will also help in improving the micro and macro-vascular functions with respect to type-2 diabetes mellitus. Taking in fish oil and long chain Omega-3 fatty acid foods reduces the risk of

total mortality associated with coronary heart diseases in women suffering from diabetes.

### **Controls Physiological Functions**

Omega 3 fatty acids are found to play a very vital role in the development of prostaglandins. This will in turn help in taking care and regulating all the important physiological functions of the body. It will help in controlling blood pressure levels, better nerve transmission, preventing blood clotting and also takes care of allergic responses.

### **Fights Dementia and Alzheimer's**

If you do not take adequate amounts of Omega-3 fatty acids in your diet, then you are likely to see an increase in the risk of catching dementia. It has been researched and proved by scientists that people who take adequate amounts of Omega-3 fatty acid foods that are particularly rich in DHA have been found to be safe from dementia and Alzheimer's disease.

Consuming fatty fish rich in DHA at least twice a week will decrease the risk of catching Alzheimer's disease and dementia. Regular consumption of Omega-3 fatty acids was found to be very effective in treating children with autism. Taking in Omega-3s along with required quantities of zinc and magnesium proved to be beneficial for treating emotional, attentional and behavioral problems in children as well as adolescents.

### **Reduces the Risk of Children Developing Asthma**

One of the ways to decrease the risk of developing asthma is to eat a lot of Omega-3 fatty acids. You need to eat a lot of fish that are rich in Omega-3 fatty acids to decrease the risk of getting asthma.

It has been proved that children who ate fatty fish are less likely to develop asthma throughout their life cycle. The risk of wheezing was found to be reduced by about 36 percent in

children who consumed fatty fish regularly between the ages of six months to one year. Adults also can enjoy the benefits of Omega-3 rich fatty fish that helps in reducing asthma symptoms and problems.

### **Lowering Heart Disease**

The fish oils are rich in Omega -3 fatty acids like EPA and DHA and are found to reduce the level of triglycerides in our body. Having elevated triglyceride levels is a reason for heart diseases. Consuming fatty fish regularly, at least thrice a week will help in getting two important forms of omega 3 fatty acids, called eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

These fatty acids will help in reducing the inflammation and thereby prevent heart disease. People who are suffering from coronary heart disease are advised to take more quantities of fatty fish to prevent artery blockage and blood clotting.



## **Optimize Your Health With Omega 3**

You should be going for a diet that is low in saturated fat and rich in monounsaturated and polyunsaturated fats to prevent heart diseases. Fish oil has been shown to reduce the problems of irregular heartbeats or arrhythmias. It is very effective in reducing the risk of stroke and also helps in effectively treating the narrowing and hardening of the arteries.

If you take fish oil supplements regularly after you have had a first heart attack, then the risk of getting another heart attack is greatly reduced. It will also help in reducing total mortality and sudden death in patients who have a history of heart diseases.

It will also help in preventing atrial fibrillation in men and women who have undergone coronary artery bypass surgery. DHA rich omega 3 fatty acids will help in reducing the risk of peripheral arterial disease that is associated with chain smokers.

Taking foods that are rich in higher concentrations of EPA and DHA reduces the risk of nonfatal myocardial infarction in women. Consumption of fatty fish will help in reducing the chances of stroke in elderly people.

Fish oil improves endothelial function in peripheral arterial diseases and also has an amazing effect on blood viscosity for the people who suffering from peripheral vascular disease. The Omega-3 fatty acid that is rich in docosapentaenoic acid (DPA) will help in reducing the risk involved in peripheral arterial disease seen in smokers.

### **Reduces Symptoms Of Rheumatoid Arthritis**

Omega-3 fatty acids are highly effective in reducing the stiffness and joint pains. Hence, they are good for people suffering from Rheumatoid Arthritis. Omega-3 is also found to enhance the effectiveness of anti-inflammatory drugs.

The fish oil supplements that contain rich amounts of EPA and DHA help in reducing stiffness of the body as well as reduce joint pains to a great extent. Omega 3 fish oil helps in greatly reducing the severity of systemic lupus erythmeatosus symptoms.

## **Preventing Cancer**

Taking dietary foods that contain rich amounts of EPA and DHA inhibits the development of breast cancer in women and also reduces metastasis. Consumption of fatty fish will help in reducing prostate cancer specific mortality by over 60%. Omega-3s are said to have a protective effect against bacterial colonization in cystic fibrosis. It also reduces inflammations in patients suffering from cystic fibrosis.

## **Chapter 5 – Omega 3 & Your Heart**

Perhaps you're wondering how Omega-3 is beneficial to your heart?

If you are concerned about heart conditions, eating a serving or two of fish every week or taking fish oil supplements can lower your chances of dying from stroke or heart attack.

The American Heart Association for many years have suggested that people consume oily fish which are loaded with essential Omega-3 fatty acids at least twice weekly. Physicians have long believed that the beneficial Omega-3 fatty oils contained in fish are the key to lowering the chances of heart diseases and stroke.

More recent studies however indicate that the other nutrients found in fish or a combination of these and the omega-3s in fish may actually be responsible for the amazing health advantages that may be derived from oily fish. Certain people are concerned

that contaminants such as mercury found in fish may outweigh any of its heart-friendly advantages.

Although, in terms of having a healthier heart, the advantages of consuming fish or taking fish oil supplements usually outweigh any of the potential risks of exposure to contaminants. These concerns may be successfully neutralized by adding a healthy amount of fish into your eating plan.

## **Why Are Omega-3s Found In Fish Oils Good For The Heart?**

Fish oil found in fatty fish contain unsaturated oils, which when replaced for saturated oils such as those found in meat, may reduce the levels of bad cholesterol. The main advantageous component however appears to be the omega-3 oils found in oily fish. These beneficial oils are unsaturated fatty acids that help lower inflammation in the body which can damage the blood vessels and result to a number of heart diseases.

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Essential omega-3 fatty acids may help lower irregular heartbeats, reduce the risk of heart failure and stroke, lower blood clotting, reduce blood pressure levels and reduce triglycerides.

In children, omega-3 fatty acids may enhance cognitive ability. Consuming at least one or 2 servings of oily fish weekly such as mackerel, tuna or herring appears to lower the chances of developing heart problems, specifically sudden cardiac death. These same cardiovascular health advantages may be obtained from taking good quality fish oil supplements.

## **What Types Of Fish Should You Eat?**

Oily fishes such as tuna, sardines, herring, lake trout or salmon contain high amounts of omega-3 oils and hence the most advantage, although many kinds of seafood contain minute amounts of this beneficial oil as well. Certain types of fish such as catfish and tilapia do not appear to be as heart-friendly since they contain higher amounts of unhealthy oil.

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Bear in mind that any type of fish can be unhealthy based on how they are cooked. For instance, baking or broiling fish is usually a healthier option than deep frying.

Experts are concerned about consuming farm-produced fish as compared to wild-caught fish. Experts believe that pesticides, antibiotics and other types of harmful chemicals used in cultivating farm-produced fish may lead to detrimental effects to individuals who consume the fish.

Despite it all, for good heart health, Omega-3 is recommended and as stated earlier, if you don't like fish, you can turn to Omega-3 supplements

## **Chapter 6 – How Omega 3 Helps You Heal**

As we have learned, Omega-3 is a polyunsaturated fatty acid that can offer a number of health benefits.

But, these fatty acids are not the same as saturated fats that you can find in butter and lard. In chemistry, polyunsaturated fats are in liquid form when placed at room temperature. They remain liquid even when you refrigerate or freeze them. Omega-3 is considered as essential because your body cannot manufacture it on its own. Because of that, it is important that your diet contains such stuff.

Once ingested, the alpha-linoleic acid is converted into eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). These fats can be found in fish oil, like tuna, halibut and herring. Some algae also contain DHA. It is the EPA that plays a vital role in preventing cardiovascular disease. The DHA, on the other



hand, is important in the proper development of the brain and nerves.

### **Cell Membrane And Omega-3 Fatty Acids**

The cell membrane must maintain its fluidity and integrity to perform its functions properly. Keep in mind that if your cells do not have a healthy membrane, then you will lose a significant amount of water and vital nutrients as its ability to store them will be gone.

Your cells' ability to communicate with other cells will also be disrupted. If your body loses cell to cell communication, it would lead to cancerous tumors. With the help of diets rich in omega-3, your cell membranes will have a high degree of fluidity.

### **How Do Omega-3s Help Brain Healing?**

There are a variety of mechanisms at play.

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For example, Omega-3 fats:

- Help reconnect damage neurons
- Inhibit cell death
- Activate genes that help cope with brain damage

Well that's a basic overview of how Omega-3 helps you heal. But as more and more research is being conducted and discoveries are made, you can expect much more exciting developments in this area.

## **Chapter 7 – Omega 3 & The Whole Family...Kids & Seniors**

Omega-3s are important for the entire family – even the kids and seniors. In fact, it is important for the child's health right from the start, before they're even born.

Various studies have shown that infants that are given formulas enriched with the Omega-3 fatty acid DHA show improvements in attention span, hand-eye coordination, intelligence test scores, and even social skills.

Studies have also proven that children who are born to mothers who took Omega-3 supplements (DHA and EPA) during pregnancy scored higher on their cognitive tests at the age of four, in comparison to those mothers who didn't take the supplements.

A further study indicated that teen children of women who consumed fish oil while pregnant were less likely to develop asthma.

There is also evidence that suggests when Omega-3s are added to formula, it promotes growth and brain development in infants that are born prematurely.

While none of these studies are conclusive, if you have been following this guide closely, you see that there's good reason why the entire family should be getting their Omega-3s.

## Childhood

Take a look at some of the childhood conditions that have been studied:

**Depression** – Omega-3 is often turned to as a treatment for depression in adults, and there have been numerous studies in

children as well. One study, conducted back in 2006, took depressed children ages 6-12 and gave them fish oil – they found that the symptoms of depression improved significantly.

**ADHD** – Children that have ADHD may have lower levels of Omega-3s in their bodies than normal. Numerous studies have looked at fish oil supplements as a treatment for ADHD. They found that these supplements may improve behavior, boost attention and reduce hyperactivity in children under the age of 12.

## For Middle-Aged and Older Adults

As you get older, your risks of developing serious conditions, such as heart disease will increase. Don't worry, because there's good news here – if you have Omega-3s in your diet, those risks will decrease.

**The Heart** – Omega-3s have major benefits on the heart. Not only can Omega-3s help prevent problems in healthy people, they can also be used to cut the risk of complications in individuals

who have already been diagnosed with heart disease. Omega-3s can help keep the heart rhythm steady.

**Rheumatoid Arthritis** – Numerous studies have found that fish oil can help reduce the symptoms of rheumatoid arthritis, such as the morning stiffness and pain.

**Osteoporosis** – Studies have indicated that those who consume higher levels of fatty fish than normal have greater bone density in their hips.

**Memory, Alzheimer's Disease and Dementia** – Various studies have found that Omega-3s can help prevent memory loss, and lower the risk of dementia in seniors.

As you see, Omega-3s are important for the entire family, from birth, all the way up to seniors. Even if you don't have health problems, you should make sure you have Omega-3 in your diet, because it can help keep you healthy

## Conclusion – Incorporating Omega 3 Into Your Life Today & Long Term

Well we have reached the pinnacle of our beginners guide on Omega 3 and I want to congratulate you for making it this far. In this final part we will be looking at how to incorporate Omega 3 into your life starting today and for the long term

Looking at all of these benefits of Omega-3, we could understand why you would want to incorporate it into your life immediately and long term. Flaxseeds, walnuts, fish, olive oil, beans and winter squash are great choices, by the way as they contain large sources of Omega-3 fats.

### Flaxseeds and Walnuts

Flaxseeds and walnuts are at the top of our list for increasing Omega-3s. One-quarter cup of walnuts contains 2.7 grams of Omega-3 fatty acids, while One-quarter cup of flaxseeds contains

around 6.3 grams. By combining one-quarter cup of walnuts with a tablespoon of flaxseeds, you will get close to the recommended 4 grams of Omega-3 fats.

### **Beans**

Don't worry, walnuts and flaxseeds aren't your only choice for Omega-3s. One cup of navy beans, soybeans, or kidney beans will give you between 200 and 1,000 milligrams of Omega-3s.

### **Winter Squash, Fish and Olive Oil**

There are three other types of foods that are important to mention as Omega-3 boosters. Those are fish, squash and olive oil. With fish, you'll get at least 1.3 grams from every 4 ounce serving of Chinook salmon and a little over 1.4 grams from sardines. Whereas, a cup of winter squash will give you around 0.2 grams Extra virgin olive oil, on another note, per ounce of omega 3s will come up to about 0.1 grams.



With fish and olive oil, just make sure you stay away from frying, because frying will only damage the Omega-3s.

### **Tips on Increasing Your Omega-3 Intake**

If you're trying to increase your Omega-3 fatty acids intake, there's no need to bring the calculator into your kitchen. Simply focus on Omega-3 rich foods. Eating fish and seafood such as halibut, salmon, tuna and scallops a couple times each week is a great way to increase your intake of Omega-3.

As previously noted, flaxseeds and walnuts can be a good contributor to an Omega-3 rich diet. To increase the intake of these foods, you can add nut-seed combination to baked potatoes, salads or granola.

In addition to all of this, adding more beans, extra virgin olive oil, and winter squash to your meal plan is simple – by looking online, you can find many Omega-3 rich recipes

## **Optimize Your Health With Omega 3**

Well I hope you enjoyed our intro guide to the amazing fatty acid that is Omega 3. All the best with incorporating it into your life and reaping the rewards from it.