

Why Should I Care About Omega 3 Fatty Acids?

Even before the invention of penicillin, people recognized that fish oil improved learning, problem-solving skills, focus, memory and overall brain function, as well as heart health.

In the 1700's cod liver oil was considered a miracle cure. Maybe you've read old stories in which mothers forced a daily spoonful of nasty-tasting cod liver oil into their children. Maybe you even have a parent or grandparent who suffered this indignity as a child.

We know today that the reason for these benefits is the Omega-3 fatty acids found in fish oil. Today many people recognize Omega-3 benefits and seek to add supplements of Omega-3 fatty acids to their regular diet.

What Are the Main Benefits to Omega-3?

Omega-3 benefits us by decreasing levels of:

- Depression
- Cholesterol
- Blood pressure
- Strokes and blood clots
- Blood sugar irregularities
- Chronic inflammation associated with many diseases

Conversely, Omega-3 helps us increase:

- Memory
- Learning and focus
- Flexibility
- Immunity

What Is the Most Efficient Way to Get Omega-3 Fatty Acids?

Our bodies do not naturally produce Omega-3 fatty acids. Despite that, they are essential for our bodies to function properly. They play a critical role in cellular flexibility and in the processing of fats. They produce hormones that our bodies use to regulate many other functions. Essentially, they make us feel better, smarter, more focused.

To get Omega-3 benefits, we have to intentionally consume Omega-3 Fatty Acids. This means eating fish or taking fish oil supplements (just like our ancestors), or consuming flax seed, walnuts, or almonds.

There are also lesser concentrations of naturally-occurring Omega-3 Fatty acids found in greens-fed (not grain-fed) beef, chicken, and eggs.

There are 3 types of Omega-3 fatty acid. The two most important are called EPA and DHA, which naturally occur in fish, and a third form which occurs naturally in flaxseed oil, called LNA. The body converts LNA into EPA and DHA, so it is possible to get all of your Omega-3 fatty acid requirements from flaxseed oil in time. But for maximum absorption and efficiency, fish oil is the best choice, with flaxseed oil providing backup source.

How Much Omega-3 Do I Need?

It may surprise you to know that you can have all of these Omega-3 benefits by eating just two portions of fish a week. Or if you don't like fish, you can consume a ¼ cup of walnuts, almonds, or flaxseed 3 to 4 times a week.

Tuna fish sandwich anyone?

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