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REPORT

Why You Need More Omega-3 Fatty Acids



New research demonstrates that omega-3 fatty acids—long recognized for their remarkable ability to protect against cardiovascular disease—may confer a wealth of additional benefits for human health, guarding against depression, cancer, osteoporosis, arthritis, and other crippling diseases of aging.

For years, Life Extension has shared with its members compelling scientific studies that meticulously document the many ways in which omega-3 fatty acids promote cardiac health. This knowledge has finally made its way to the medical mainstream, such that physicians now routinely recommend fish oil for their patients with high triglycerides and heart arrhythmias. Even the American Heart Association and other mainstream groups now endorse omega-3 fatty acids for reducing the risk of coronary heart disease.

While many people are aware of the heart-protective effects of omega-3s, even the most health-conscious adults may not realize that these fatty acids provide a vast array of additional health benefits. In the following mini-articles, we examine a multitude of published, peer-reviewed scientific studies demonstrating that omega-3 fats may alleviate depression, inhibit cancer, boost bone health, and reduce the pain of arthritis. Amazingly, adding this low-cost supplement to your daily nutritional regimen may help to elevate mood, protect cardiovascular health, support healthy bone mass, avert cancer, and alleviate inflammatory pain!

Recently, the FDA issued troubling warnings about fish toxicity, advising Americans to limit their intake of fresh fish to two servings per week. The bad news is, this caution may well limit our ability to consume enough omega-3 fatty acids from fish to support optimal health and secure the extraordinarily broad range of benefits associated with fish oil. The good news is, supplementing with high-grade, ultra-purified fish oil is an ideal way to guard against fish toxicity while still reaping the innumerable benefits of omega-3 fatty acids.

On the following pages, we present a portfolio of five mini-articles detailing the latest scientific research on the diverse, health-promoting properties of omega-3 fatty acids from fish oil.

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