



## Omega 3 for Wellness and Prevention

Omega 3 EFAs are extremely important in the structure and function of every cell in the body. Your cells are what determine your immune function, healing potential, hormone levels, heart function, cholesterol levels, blood pressure, digestion, etc. Literally, the function and health of your cells determines every aspect of your health. EPA and DHA omega 3 EFAs are part of every cell membrane and are required to maintain the proper shape, flexibility and fluidity of cell membranes.

This flexibility is important for the flow of blood through blood vessels and decreasing the risk of stroke and heart attack. The fluidity of cell membranes is also crucial to ensure the proper flow of nutrients into cells as well as the proper shape of cell receptors for hormones such as insulin.

In addition, EFAs are required for proper nerve signal transmission (memory, concentration, cognitive ability, muscle coordination and strength) and immune function including defense against cancer. This is why EPA and DHA deficiency are linked



Presented by  
Dr. Ryan  
Scott

(970) 255-9355

*Over 2000 scientific studies provide evidence of the importance of EPA and DHA essential fatty acids for the*

with cognitive impairments and learning and behavior disabilities such as ADHD, depression and increased risk of Alzheimer's and dementia in the elderly. EPA and DHA deficiency is also highly correlated with increased risk of breast, colon, and prostate cancer.

EPA and DHA omega 3s also play a major role in regulating inflammation. Having a diet that is toxic with Omega 6 (fried foods) or deficient in Omega 3s creates a pro-inflammatory state within the body. This is very significant because inflammation is at the root of virtually all of the common chronic illnesses such as heart disease, stroke, diabetes, and depression as well as the autoimmune and atopic diseases such as arthritis, Crohn's Disease, irritable bowel, psoriasis, eczema, allergies, fibromyalgia, lupus, and multiple sclerosis. Inflammation is also a major factor in menstrual pain, headaches, and back and neck pain.

The fact of the matter is that everyone needs Omega 3 EFAs and due to dietary practices virtually everyone in Western society is deficient. Without these essential nutrients cells cannot function properly and illness is inevitable even though it may take years before symptoms arise.

This does not mean that a deficiency in Omega 3 EFAs is the only cause of all illness. However, it does absolutely mean that if someone is deficient in Omega 3 EFAs their cell function and thus their health is compromised and will be improved when they begin to supplement – this is an indisputable scientific fact.

The above information is why we stress the importance of supplementation BEFORE illness develops. It is both dangerous and illogical to wait until illness develops to begin to take care of yourself or your children or your pets! How can we PREVENT ILLNESS or PROMOTE HEALTH if we wait until we are already ill before we take action?

- ◆ **Because Omega 3's help normalize blood fluidity check with your medical doctor if on blood thinners.**

*Please pass this on to someone you know who could benefit from this information or chiropractic care!*