4 Benefits of Omega-3 Fatty Acid

Fat is usually thought of as the enemy of weight loss. For years people believed that all types of fat should be taken out of their diet in order to live a healthier life. But recently it has been proven that there are certain types of fat that are actually good for your body and you should incorporate it into your meals. One of the most popular is Omega-3 fatty acid.

Chances are you might have already heard of Omega-3. You’ll find several supplements that have Omega-3 fatty acid and its three types - DHA, EPA and DLA in their products. The reason you’ll find so many products on the market is because this fat is much more than just a marketing gimmick. It is an important factor in keeping your body healthy.

Curious on what benefits omega-3 will provide you. Take a look below and it might just get you to stock up on tuna and Salmon!

Omega-3 Helps Manages Symptoms of Depression and Anxiety

Omega-3, specifically EPA, can help with mental health conditions like depression and anxiety. People who consume greater amounts of this kind of fatty acid are less likely to be depressed and anxious. It will also help reduce the symptoms for those who are already suffering from depression. Many see an improvement following an increase in their intake of food rich in Omega-3.

Omega-3 and Alzheimer's

People who experience depression and anxiety are not the only ones who benefit from adding more omega-3 fatty acid into their diet. In fact, that people who are older in age could use more because by eating more of the omega-3 rich foods it could help slow down mental degradation of a fat.

Not only that, but this type of fatty acid reduces the risk of the development of the Alzheimer's disease. When you eat more fatty acids you have more gray matter in your brain than those who do not eat as much. This is essential to reduce the risk of getting Alzheimer’s.

Treat Asthma with Omega-3

Asthma is one of the most prevalent chronic diseases children suffer from today. Some children can outgrow this as they get older, but during having asthma during the time when you’ve got the most energy can be hard. Being afraid to get too much exercise for fear of an asthma attack can be hard on the parent as well as the child.

Omega-3 fatty acid is a natural way to help prevent the development of asthma in children. In fact by taking this fatty acid it can lead to the decline of asthma.

Enjoy Painless Menstruation with this Fatty Acid

Some woman have extreme pain during their menstrual cycle. While others don’t have hardly any. Each woman is different. But, can bring symptoms such as tiredness and being unproductive. Those woman who use Omega-3 fatty acid experience less pain.

As you can see that the Omega-3 fatty acid provides benefits for quite a few illnesses. Adding either a supplement or food to your diet will help you in so many ways.