Email #7

Complementary Blog Post: 4 Ways Fatty Acids are Good For Your Health

Subject: Omega 3’s Help Prevent Disease

Hi [firstname],

In the last few years, more and more people have become aware of how important it is to lead a healthy lifestyle. Gone are the days where fast food is a staple and consuming fruits and vegetables are taken as mere suggestions.

Needless to say, food manufacturers have caught on to the trend and it is reflected in the way that they have started packaging their products.

There are many healthy terms marketers use in order to sale their goods to consumers. While some are arguably mere buzzwords, the presence of Omega-3 in certain foods like canned fish holds its weight.

You might have seen "Omega-3" high-lighted on boxes and packaging stickers in your local grocers - but do you know what Omega-3 really is?

And are you aware of the diseases you prevent when you consume this popular fatty acid?

**What is Omega 3?**

Omega-3 are essential fatty acids that are often sourced from seafood. The body cannot function properly without this nutrient. Primarily utilized for its anti-inflammatory, Omega-3 helps prevent various chronic diseases.

**What Are the Benefits of Omega-3?**

People often equate healthy food with bland dishes and meals, but the truth is that couldn’t be farther from the truth. You can get omega’s from foods like salmon and berries.

**Omega-3 Helps Prevent Heart Disease**

By eating omega-3’s you can lower your chances of developing heart disease later in life. In fact as little as one serving of fatty fish twice a week can cut the risk by 32%.

**Have Family History of Arthritis? Consider Omega-3**

As people get older, bones, tendons and cartilage lose their youthful flexibility and tautness. As such, most seniors suffer from some form of muscle ache or rheumatoid arthritis, but omega-3 can help alleviate the pain felt if you are suffering from this geriatric disease.

**Worried about your Child's Learning Aptitude? Omega-3 Might Be Able To Help**

One type of Omega-3 fatty acid, DHA, is said to improve cognitive development in young people. According to research, infants who take supplements of omega-3 fair better when it comes to hand-eye coordination, length of attention span, social skills and aptitude test scores.

**Omega-3 Can Curb Symptoms of Depression**

Aside from being integral in keeping the vascular system healthy, omega-3 also plays a part in maintain brain activity. So by taking omega-3 you could reduce depression symptoms.

Not quite convinced about what Omega’s can do for your health. Check out this blog post:

LINK

Omega fatty acids play an important part in the way that our body operates and the functions that it provides. So taking a supplement or eating more food that has this fatty acid in it should be your highest priority.

[Sign off]