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# A Guide To Omega 3 Dha

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Let's face it. The omega 3 DHA or Docosahexaenoic acid is essential for normal brain development in infants, which is why you will see that most formulas are now DHA-fortified. Breast milk doesn't have to be fortified, because it contains the fatty acid, but moms do have to be sure to get enough in their diets.

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In order to support the infant, the body will pull nutrients from the mother's body, during pregnancy and while breast-feeding. If mom is not well nourished to begin with, she is likely to suffer from symptoms of nutritional deficiencies. When it comes to the omega 3 DHA, those symptoms may include depression.

The brain's cells and neurons contain a great deal of the fatty acid. They are also present in the back of the eye, in relatively high concentrations. So, the primary roles are in visual function and brain development.

But, brain cells die and are regenerated on a fairly regular basis. The cells inside of the eye must be replaced, as well. Nutrients build up in the back of the eye to protect delicate structures from damaging UV rays and other hazards.

When the nutrients are not present in the diet of an adult, the cells cannot be replaced. Structures start to fail. Vision starts to deteriorate. Memory starts to fail. And those are just some of the problems that occur.

It is well known that omega-3s are good for heart health. Only recently have researchers been able to prove how they work.

Actually, they perform a great deal of magic, including a reduction of blood pressure and blood triglycerides. They reduce the risk of clotting and prevent blood platelets from sticking to the walls of the arteries.

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But, just recently researchers found that omega 3 DHA and EPA prevent inflammatory molecules from passing through the walls of the blood vessels and into the tissues. That helps explain the anti-inflammatory activity.

When the tissues surrounding the blood vessels become inflamed, they put pressure on them, which raises blood pressure and leads to hardening of the arteries, a condition known as atherosclerosis. With a healthy diet and regular exercise, as well as some good supplements, we may be able to avoid atherosclerosis, which is by far the most common type of heart disease.

In fact, many of the so-called age-related diseases are now believed to be preventable. Some researchers refer to low omega 3 DHA intake as a preventable cause of death. That may seem kind of extreme, but it could be true.

Many nutrients are essential to human health and researchers have proven again and again that high nutrient intake is associated with a reduced risk of various kinds of diseases. Maintaining a healthy weight is very important, but if the nutritional intake is low, it might not make any difference in terms of your long-term health.

Bottom line, no matter how perfect our diets may be, it is practically impossible to get all of the nutrients that we need without supplementation. Omega 3 DHA supplements are one of the best investments that you can make in your health.

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Laurel Cohen is a strong advocate of natural health in all its forms: skin care, supplementation, and farm fresh foods. She enjoys introducing people to the best natural products she can find and uses herself daily. Visit her site [www.omega-3-for-health.com](http://www.omega-3-for-health.com) to learn about the omega 3 fish oils Laurel uses daily for optimal health.



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