

## Why Fish Oil?

**FISH OIL** As you know the benefits of taking a regular fish oil supplement are plentiful. According to Dr. Andrew Weil, " fish oil, and omega-3 fatty acids in particular, help to protect mental and physical health. EPA supports heart health and DHA is a constituent of membranes of nerve cells in the brain and is thought to play an important role in normal brain development and function. Research indicates omega-3s down regulate inflammation, and may help reduce the risk and symptoms of a variety of disorders influenced by inflammation, including heart attack, stroke, several forms of cancer and autoimmune diseases like rheumatoid arthritis. People with high cholesterol, diabetes, symptoms of PMS, coronary artery disease, breast cancer, memory loss, depression, attention deficit hyperactivity disorder (ADHD), insulin resistance, or rheumatoid arthritis may also benefit from the omega-3 fatty acids found in fish oil." SO if you are not taking them--you might want to consider it!

