

## Omega-3 Fatty Acids - its not hype

There is a plethora of nutrition information out there and much of it, unfortunately, focuses on claims that range from the dubious to the preposterous.

Lately, the buzz is all about Omega-3's and our deficiency in this micro nutrient. While you may want to ignore all the nutrition propaganda in the headlines, a recent article states that you should listen to, and head the information about, Omega-3's .

The article, written by CityNews.ca, referenced the study "Fish Consumption, Fish Oil, Omega-3 Fatty Acids, and Cardiovascular Disease" which was released by The American Heart Association in 2002. The study showed tremendous evidence that Omega-3's decreased triglyceride levels, decreased the risk of arrhythmias, lowered blood pressure, and decreased growth rates of atherosclerotic plaques.

Omega-3 fatty acids are also thought to offer positive, and potentially healing, effects for medical conditions such as lupus, multiple sclerosis, menstrual pain, Crohn's Disease, rheumatoid arthritis, and migraines.

To get your dose of Omega-3's, eat plenty of fresh wild salmon, sardines, cod, herring, krill oil, anchovies, and mackerel. Some dairy products also add Omega-3's (check labels to find the healthiest dairy products, though).

If you are a vegetarian, you can get your Omega-3's from Omega-3 eggs and if you are vegan, or follow a lacto-ovo vegetarian diet, good sources of this nutrient include flaxseed, pecans, walnuts and hazelnuts.