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## Innate Choice Healthy News - Volume 5: Omega Sufficiency™, Brain Function, and Emotional Wellness

This month's topic is real brain food. All it takes is a quick glance at the popular press to see that we have a crisis of increasing numbers of children suffering from depression and behavioral problems and adults suffering from cognitive decline and degenerative disorders of the brain and nervous system. Are you concerned about your children, yourself and your aging parents? We have great news! Your choices are the most powerful determining influence on your mental and physical health and choosing to ensure that you are sufficient in omega-3 fish oil is guaranteed to make a positive difference.

In our January newsletter we discussed how getting enough omega-3 fish oil is critical during pregnancy and early childhood for the optimal development and function of the central nervous system. Breastfeeding is associated with better cognitive development at as early as 6 months of age. This is largely because breast milk is rich in omega-3's - BUT ONLY when the mother is SUFFICIENT. Research has shown that breast fed babies display higher IQ and better psychomotor development, hand-eye coordination and visual acuity. On the other hand, mothers who are deficient cannot pass these benefits to their children and are also at increased risk of post-partum depression (Singh, Indian J Pediatr., Mar 2005). Sadly, one study demonstrated that over 90% of women did not get the minimum omega 3 requirements (Denomme, J Nutr., Feb 2005). You can rest easy knowing that one daily serving (1 teaspoon or 5 capsules) of Innate Choice® Omega Sufficiency™ will provide well above the minimum recommendations.

The importance of sufficient omega-3 intake continues THROUGHOUT OUR ENTIRE LIFESPAN and so do the dangers of being deficient! A relationship has been established between reduced levels of omega-3's and central nervous system disorders such as Alzheimer's disease, dementia, schizophrenia, depression and attention deficit hyperactive disorder. Research shows that depressive disorders and suicidal behaviors are associated with low levels of omega-3 and high levels of omega-6 fats. Supplementation with omega-3's counteracts these terrible effects (Sublette, Am J Psychiatry, Jun 2006). This might be explained by the fact that omega-3's are credited with increasing levels of "feel-good" serotonin and "memory-boosting" acetylcholine (Singh, Indian J Pediatr., Mar 2005). Other studies indicate that high omega-3 intake might have protective properties against neurodegenerative diseases such as dementia and Alzheimer's (Florent-Bechard, J Neurol Sci., Aug 2007).

More evidence that focusing on wellness and prevention is the only logical solution! When you are sufficient in what your body needs and avoid those things that are toxic, you will naturally gravitate towards health and vitality and away from illness. Getting and staying healthy is about making healthy choices - it's that simple!

