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## **Anxiety & Omega 3 Fatty Acids: Fuel For Your Brain**

### **Essential Fatty Acids**

More and more studies are showing promising evidence that supplementation with Omega 3 essential fatty acids might be helpful in cases of depression and anxiety. Studies report highly significant improvement from Omega 3 fatty acids supplementation alone and in conjunction with medication.

My own personal experience certainly confirms the above as does the experience of many others I know.

When I began supplementation with Omega 3 essential fatty acids, I began to feel more relaxed and at ease throughout the day. It might be a subtle effect but nevertheless a real effect.

Some research has indicated that essential fatty acids (EFAs) can help people achieve healthier and happier lives.

If you are concerned about fat in this case don't be: essential fatty acids are good fats and truly are ESSENTIAL for our bodies.

The majority of people are not consuming enough of them. This is concerning because a wide range of brain problems that people suffer from might be helped through proper supplementation.

I'm not suggesting Omega 3 essential fatty acids are a cure-all; rather they're an essential thing for your body and like any essential thing it seems reasonable that not getting enough of them could have negative effects on the brain, among other parts of the body.

It certainly makes sense that anyone suffering anxiety and panic attacks would want to ensure that they have adequate levels Omega 3 essential fatty acids in their body, particularly in light of the evidence that it can benefit the brain.

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The great news is that getting the right amount of Omega 3 essential fatty acids is easier than ever.

There are a variety of sources of omega-3 essential fatty acids, which contain very healthy things; however, the most highly recommended form is Omega 3 fish oil, as opposed to other sources of omega 3 fatty acids, such as flax oil.

The reason that fish oil is the most highly recommended is because the Omega 3 essential fatty acids in fish oil are in a form already broken down and ready for use by the body; whereas flax oil and other types of Omega 3 essential fatty acids first need to be broken down by the body before being utilized; additionally and most importantly, not everyone can break these other forms down.

I definitely recommend, if you're supplementing with fish oil, that you obtain pharmaceutical grade fish oil because "pharmaceutical grade" means the fish oil has gone through a purification process which removes the many impurities that are found in the ocean.

You've probably heard all the talk about mercury in fish. Well if you are getting high doses of fish oil, the last thing you want is to be getting high doses of mercury! So pick up a bottle of pharmaceutical grade fish oil at your local health food store and then you don't need to worry about this.

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