The Omega-3 Connection

THE GROUNDBREAKING
ANTIDEPRESSION DIET AND BRAIN PROGRAM

THE OMEGA-3 CONNECTION

- Why omega-3s are essential for mental health
- The remarkable antidepressive powers of fish oils, flax oil, and omega-3 supplements
- Safe and effective supplements for pregnancy and postpartum depression

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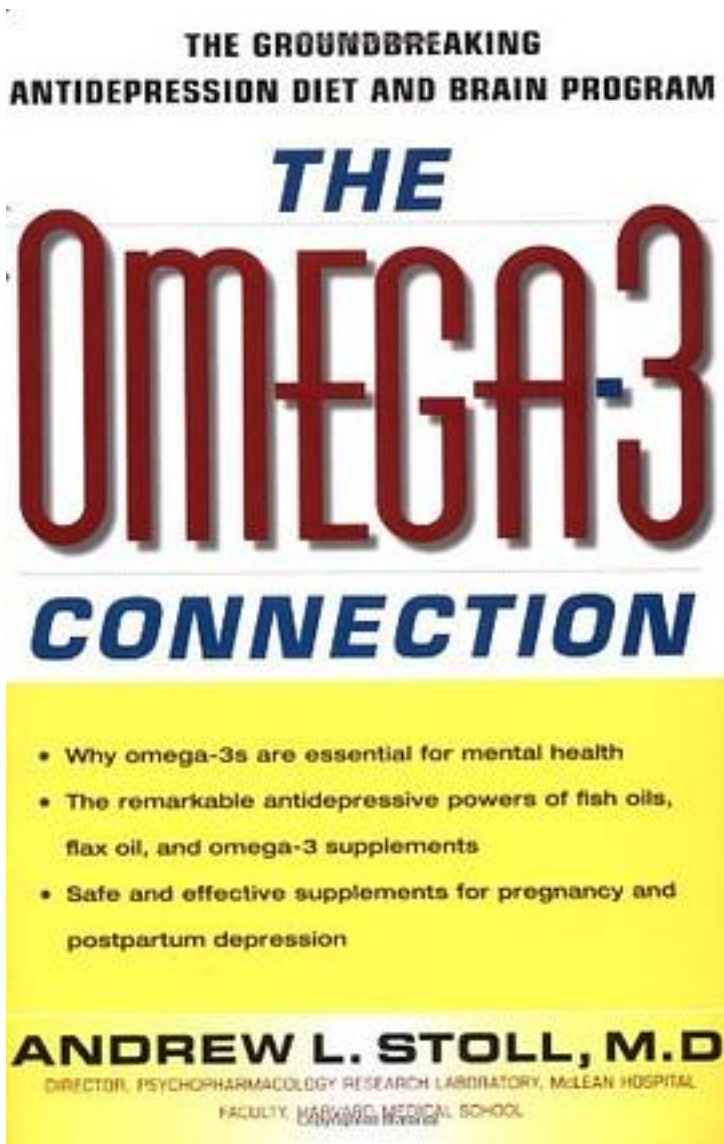
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Managing depression safely, naturally, and without side effects For years scientists have searched for a treatment to relieve the pain of depression and other mood disorders -- one that's safe enough for nursing mothers, children, and the elderly -- without the side effects associated with medicines like Prozac, Zoloft, and lithium. Thanks to Dr. Andrew Stoll's groundbreaking research, that search may well be over. Stoll found that omega-3 fatty acids, already known for their importance in preventing heart disease, Crohn's disease, rheumatoid arthritis, and cancer, also play a crucial role in mental health. They regulate and enhance mood, sharpen memory, and even aid concentration and learning. Though these remarkable substances are abundant in common fish oils and other foods, the average Western diet includes far too few of the most common sources. Fortunately, our deficient diets and attendant depression can be reversed. The Omega-3 Connection provides readers with all the information they need to restore their natural balance of omega-3 fatty acids, including Which omega-3-rich foods to eat The most effective over-the-counter supplements How to integrate flaxseed and fish oils into diet and medication plans Simple recipes, supplement doses and sources, and more

作者介绍:

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