

Omega-3 Fatty Acids Significantly Reduce High Blood Pressure

QUOTE BOARD

Epidemiologic and experimental studies indicate that omega-3 polyunsaturated fatty acids (ω 3 PUFAs), preferably including docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), may have cardiovascular health benefits by reducing modifiable risk factors.

“The optimal intake in both systolic BP and diastolic BP reductions (mm Hg) were obtained by moderate doses between 2 g/d and 3 g/d.” [EXACTLY WHAT INNATE CHOICE OMEGA SUFFICIENCY AND OMEGA+D SUFFICIENCY PROVIDE]

“Subgroup studies revealed stronger and approximately linear dose-response relations among hypertensive, hyperlipidemic, and older populations.”

“This dose-response meta-analysis demonstrates that the optimal combined intake of omega-3 fatty acids for BP lowering is likely between 2 g/d and 3 g/d. Doses of omega-3 fatty acid intake above the recommended 3 g/d may be associated with additional benefits in lowering BP among groups at high risk for cardiovascular diseases.”

“Clinical Implications: An optimal dose of omega-3 fatty acids is potentially needed for blood pressure control in the general population, but individuals who are at high risk of developing cardiovascular diseases may benefit from higher doses.”

WHAT YOU NEED TO KNOW

Omega-3 fatty acids are essential nutrients which means humans genetically require sufficient intake of these nutrients in order to express health and to prevent illness. Every cell in every organ in your body requires omega-3 fatty acids for proper structure and function.

Thus, deficient intake of omega-3 fatty acids is, in itself, a risk factor for high blood pressure, high cholesterol, high blood sugar, inflammation, and lowered immunity. These are all primary risk factors for heart disease, cancer, obesity, diabetes, dementia, depression, irritable bowel, Crohn's and virtually every other chronic illness.

Your body and brain simply cannot work properly without sufficient intake of omega-3 fatty acids and deficient intake is a primary causal factor in virtually every chronic illness.

WHAT YOU NEED TO DO

You need to ensure you are getting sufficient daily intake of omega-3 fatty acids and the easiest, most efficient, most cost-efficient way to do that is by supplementing with a high-quality fish oil such as Innate Choice® Omega+D Sufficiency™. There are logical, scientific, evidence-based reasons Dr. Chestnut created the Innate Choice® Essential Nutrient System™. For more information and to purchase these supplements go to www.eatwellmovewellthinkwell.com

Zhang et al. (2022) Omega-3 Polyunsaturated Fatty Acid Intake and Blood Pressure: A Dose-Response Meta-Analysis of Randomized Controlled Trials. Journal of the American Heart Association. 11:e025071. DOI: 10.1161/JAHA.121.025071