

Fish oils and mood

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There is evidence that omega 3 fatty acids supplementation 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. Research has shown a link between the amount of a fish people in different countries eat and the level of depression. In Japan, where people eat on average 70kg of fish a year, the rate of depression is 0.12%. Whereas in New Zealand, where people eat only 18kg of fish a year, the rate of depression is almost 50 times higher.

It is thought that omega 3 may help your brain work more efficiently, so serotonin, which can boost your mood, has more of an effect on you. Evidence of their effects on mood is still not conclusive.

A 2008 study in the Australian and New Zealand Journal of Psychiatry showed that an omega 3 supplement called PlusEPA[®] may be as effective as Prozac[®] in reducing the symptoms of depression. When PlusEPA[®] was used in combination with anti-depressants; results were enhanced effectiveness of the anti-depressant. PlusEPA[®] is a 95% concentration of omega 3 containing a daily dose of 1000mg of EPA designed for emotional health. It is available from Whelehans Pharmacy.

Reducing Anxiety

The research data gathered in the 2011 University of Ohio study from university medical students who were given supplements of omega 3 showed a significant reduction in anxiety among the students. Those receiving the omega-3 showed a 20% reduction in anxiety compared to those that did not

Omega 3 is a natural anti-Inflammatory. Inflammation is a natural immune response that helps the body heal, but it also can play a harmful role in a host of diseases ranging from arthritis to heart disease to cancer

Should not be considered as conventional treatment

While PlusEPA may aid symptoms, it should not be considered as a stand-alone treatment for depression and anxiety. It is not a substitute for proper psychological treatment like counselling or prescription medication. You should always speak to a health professional to discuss your options if suffering from depression and anxiety.

Disclaimer: For more specific advice and information on diet and food, you should speak to a dietician or nutritionist. Supplements are not meant as a substitute for a balanced diet.

For comprehensive and free health advice and information call in to Whelehans, log on to www.whelehans.ie or dial 04493 34591.