



Updated March 2012

# PLUSEPA

## It's role in depression relief

### What is depression?

Feeling sad or "depressed" happens to everyone from time to time. The sensation passes quickly for most people. However, for a person with clinical depression, the low feeling lasts for a longer period of time and can interfere with their daily life. Depression is caused by an imbalance of chemicals in the brain. These chemicals include serotonin and noradrenalin which are involved in mood. The reason why certain people develop depression is not fully understood but there is a genetic influence, meaning that it tends to run in families. Stressful life events such as a bereavement of someone close, relationship breakdowns, etc can trigger depression. Alcohol and certain drugs can also trigger depression

### Fish oils and the benefit to depression

Evidence shows omega 3 fatty acids reduce depression and anxiety. A 2008 study in the Australian and New Zealand Journal of Psychiatry showed that PlusEPA<sup>®</sup> is as effective as Prozac<sup>®</sup> in reducing the symptoms of depression. When PlusEPA<sup>®</sup> was used in combination with anti-depressants; results were enhanced effectiveness of the anti-depressant. PlusEPA<sup>®</sup> 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. Omega 3 enhances serotonin in the brain to boost mood. 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 50 times higher

### 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

**PLUSEPA costs €35.95 per month supply**

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