

# HOW OMEGA-3'S COULD LITERALLY CHANGE YOUR LIFE.

EDUCATION

OMEGA-3 — PRIMER

**A primer on the types of Omega-3's that are best for you, and how you'll benefit from them.**

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here's no fountain of youth, but Omega-3 fatty acids (EPA and DHA) are about as close as we're likely to come to finding one in the foods we eat.

We are all looking for ways to **feel better** and **live longer**, but in a world cluttered with products claiming to cure this or prevent that, it's hard to know what's really healthy and what's just marketing. And while almost every health claim on the market is subject to debate, there's one that dieticians, doctors, and researchers universally support: **long chain Omega-3 fatty acids**.

## So what exactly are long chain Omega-3 fatty acids?

Technically, they're **polyunsaturated fatty acids (EPA and DHA)** with multiple double bonds in their structure.

*Okay, but what are they really?*

Basically, they're fatty acids most typically found in seafood such as salmon or trout that we don't produce naturally but which are essential to many of our most important bodily functions. Since we don't produce them ourselves, it's important that we take in these special ultra long Omega-3s through our diet.

They're mainly found in different types of seafood, or taken through supplements, but an easy, doctor-recommended way to make sure you're getting your healthful Omega-3s is

to **eat at least eight ounces of oily fish (salmon, trout, sardines) every week**. Eight ounces is roughly the size of most filets you'd order in a restaurant or from the market, so we're really just talking about having fish for dinner at least once or twice a week.



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Now that you know how to get your long chain Omega-3s, let's talk a little about why you want to. This amazing nutrient has a list of health benefits so long its almost hard to believe. Here are just a few of its greatest hits:

### Heart Health

**Heart attacks** and **strokes** are the leading cause of death around the world, but Omega-3s (EPA and DHA) have been scientifically **proven to lower the risk of both**. They've been shown to lower blood pressure and cholesterol, and even to help prevent harmful plaque build up in your arteries.

### Depression & Anxiety

These mental disorders affect millions of people around the world every day, but nature has provided us with some relief in the form of long chain Omega-3s. Studies have shown people who regularly consume Omega-3s are **less likely to report signs of depression and anxiety**. Those who do suffer from these conditions even reported relief from certain symptoms after increasing their intake of Omega-3s.

### Vision

DHA, which is a type of Omega-3, is a part of the structure of our retinas. Without enough of it, our vision and overall eye health can suffer. But studies have shown that regular consumption of Omega-3s can help **prevent macular degeneration**, which is the world's leading cause of vision impairment and blindness.

There are many, many more benefits to consuming this incredible nutrient, like **relief from arthritis, improved brain development in children**, and an overall **increase in IQ in adults**. So it's no surprise that Americans spend about 2.6 billion dollars a year on supplements and foods fortified with Omega-3s. But you can skip the supplements if you just make oily fish a regular part of your balanced diet. In addition to Omega-3s, they're packed with the healthful vitamins, minerals, and proteins your body craves.

And if you're not sure which fish to choose, the American Heart Association recommends Steelhead Trout and choosing a low-fat preparation method like roasting, grilling, or broiling to get the maximum benefit with the fewest calories. **So when in doubt, choose trout.**

Here's to your health!



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