

**STUCKY**  
CHIROPRACTIC



# HEALTHY LIVING NEWSLETTER

It is the mission of Stucky Chiropractic Center to educate as many men, women, and children to the life and health enhancing benefits of chiropractic care and improve our world by having a positive influence on each individual we serve.

## Supplement of the Month: Omega-3

In the past 10 years, many Americans have turned to omega-3 fish oil supplements, which have benefits for healthy people and also those with heart disease. Omega-3s are nutrients you get from food (or supplements) that help build and maintain a healthy body. They're key to the structure of every cell wall you have. They're also an energy source and help keep your heart, lungs, blood vessels, and immune system working the way they should. Omega-3 fish oil contains both docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). Omega-3 fatty acids are essential nutrients that are important in preventing and managing heart disease. Two crucial ones -- EPA and DHA -- are primarily found in certain fish. ALA (alpha-linolenic acid), another omega-3 fatty acid, is found in plant sources such as nuts and seeds.

### Ensures healthy brain development in infants and fetuses:

Omega-3s are incredibly welcome during pregnancy. Mothers should take them to ensure both their good health and their newborn's. DHA is the main component here yet again. DHA makes up 40% of all polyunsaturated fatty acids in the entire brain. With such an abundant amount, it's no wonder it changes everything. In fact, DHA is a life changer for all babies. Moms having DHA supplementation during pregnancies saw their babies developing significantly faster. They were more intelligent, had better communication and saw fewer cases of ADHD.

### Omega-3 slows down mental decline and Alzheimer's:

Mental decline is something we fear most when it comes to aging. We can comprehend our bodies becoming weaker, but a weakening mind is another thing. Thankfully, there's a lot you can do to improve your chances of being healthy mentally. One thing you can do is increase your omega-3 intake. People who eat more omega-3-rich fish have more grey matter in their brains. This is the most vital tissue in our heads; it processes information and memories and comprehends emotions.

### Findings show omega-3 fatty acids may help to:

- Lower blood pressure
- Reduce triglycerides
- Slow the development of plaque in the arteries
- Reduce the chance of abnormal heart rhythm
- Reduce the likelihood of heart attack and stroke
- Lessen the chance of sudden cardiac death in people with heart disease

### How much omega-3 fish oil is safe?

The AHA says taking up to 3 grams of fish oil daily in supplement form is considered safe. Don't take more than that unless you discuss it with your doctor first.

