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<https://youtu.be/Q7JbLPr0HGg>

## Omega-3 Healthy fats and its health benefits

*Omega-3 fights inflammation, supports brain health and normal cognitive function, is imperative for healthy fetal development, and combat depression while impacting diseases of mental decline, such as Alzheimer's - to name a few.*

*There is evidence that omega-3 fatty acids can help reduce high blood pressure or the risk of heart disease*

Omega-3 is a class of polyunsaturated fatty acids considered healthy fatty acids found in foods, such as fish, eggs, and flaxseed, among others, and in dietary supplements.

Why are they called Omega-3 fatty acids?

All fatty acids are carbon chains linked together with double bonds. An omega-3 fatty acid is a fatty acid with multiple double bonds, where the first double bond is between the third and fourth carbon atoms from the end of the carbon atom chain.

There are three omega-3 fatty acids. They are alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA). ALA is found mainly in plant oils such as flaxseed, soybean, and canola oils.

When you swallow your soft gel capsule of a standard 1000mg fish oil capsule provides around 300mg of Omega-3s and to meet the 500mg EPA and DHA recommendation, a minimum of two soft gels would be necessary. Make sure to read the "Supplement Facts" label to determine the amount of EPA and DHA in a fish oil/omega-3 supplement.

In Sri Lanka, the 'Pulse' brand name fish oil capsule contains only 30 mg of Omega-3, whilst those capsules available overseas like in Australia each capsule contains 300 mg of Omega-3s.

Alpha-linolenic acids are a class of fatty acids that provide the body with energy and are also linked to better heart health, lung health, and brain health, strengthening your immune system, lowering your blood pressure, and improving hormone levels, and furthermore, reducing chronic inflammation.

Multiple studies report modest reductions in blood pressure in people who take fish oil supplements. There's some evidence that the beneficial effects of fish oil might be greater for people with moderate to severe high blood pressure than for those with mild blood pressure elevation.

$\alpha$ -Linolenic acid, also known as alpha-Linolenic acid, or ALA, are plant oils found in many seeds and oils, including flaxseed, soybean, walnuts, enriched eggs, margarine, chia, hemp, and many common vegetable oils such as canola. They are found in salmon, tuna, mackerel, sardines, and herrings. So, it is mostly found in plant foods and is an essential precursor of EPA or DHA.

Omega 3 ALA is a form of Omega-3 that cannot be created in our bodies and must, therefore, be acquired from diet or supplements. Hence, referred to as an essential fatty acid.

Alpha-linolenic acid or ALA is thought to decrease the risk of heart disease by helping to maintain normal heart rhythm and pumping. It might also reduce blood clots.

According to the results of the present study,  $\alpha$ -linolenic acid though associated with the above benefits is also associated with a significant increase in the risk of prostate cancer.

How much omega-3 is in one egg?

An average medium egg provides about 70mg of omega-3 fatty acids. The American Heart Association recommends consuming at least two servings of fatty fish per week, which provides approximately 500 milligrams of omega three fatty acids.

So, if you eat 2 eggs per day for seven days you acquire 987mg of omega-3 fatty acids, far above the requirement mentioned in the AHA recommendation.

Eggs are mother nature's incredible and edible source of Omega-3 fatty acids, providing on average, 140mg per serving (2 eggs). You need to choose eggs from chicken that are fed a diet containing ingredients like flaxseed or fish oils rich in alpha-linolenic acid or ALA. Pastured eggs are richer in vitamins A and E, as well as omega-3s.

WHO recommends a daily intake of 1,100-1,600 mg of omega-3 fatty acids for adults.

Omega-3 fatty acids lower your high blood pressure as mentioned earlier. According to the Food and Drug Administration, evidence that omega-3 fatty acids can help reduce high blood pressure or the risk of heart disease

One of the most important benefits of omega-3 intake is that it lowers the body's inflammatory responses.

### **Is inflammation present in all diseases?**

Inflammation plays a key role in many diseases, some of which are becoming more common and severe. Chronic inflammatory diseases contribute to more than half of deaths worldwide. Inflammation is associated with diseases such as the following: Autoimmune diseases like rheumatoid arthritis, among others.

So, we emphasize the importance of omega-3 oils daily.

So, let's talk about DHA and EPA fatty acids forming part of the Omega-3 fatty acids. So far we have discussed the benefits of ALA.

They are mostly found in marine sources including salmon, tuna, mackerel, sardines, and herrings. "Other seafood contains omega-3 fatty acids, but in much lower amounts,"

Now we have spoken about ALA. Let's check what DHA or Docosahexaenoic acid does to your body. It is essential for the growth and functional development of the brain in infants. The inclusion of plentiful DHA in the diet improves learning ability, whereas deficiencies of DHA are associated with deficits in learning. It is also linked to improved heart health, better vision, and reduced inflammatory response.

Now let's talk about EPA or Eicosapentaenoic acid. Getting more EPA in your diet has positive effects on coronary heart disease, high triglycerides (fats in the blood), high blood pressure, and inflammation.

In conclusion, Omega-3s are important components of the membranes that surround each cell in your body. DHA levels are especially high in the retina (eye), brain, and sperm cells. Omega-3s also provide calories to give your body energy and have many functions in your heart, blood vessels, lungs, immune system, and endocrine system (the network of hormone-producing glands).

This is a very brief account of Omega-3 fatty acids, so beneficial to the body.

Taking a supplement like fish oil is not a bad idea. Also, remember two eggs daily will also support.

Hope this video article was useful. Stay safe and goodbye until we meet again.