

[IMAGE]

## Omega-3s Can Save Your Life

By Editorial Staff

Omega-3 fatty acids are polyunsaturated fatty acids found in fish (especially cold-water fish such as salmon), nuts and seeds, plant oils, and of course, as supplements. Whatever the source, you should make sure you're getting plenty of omega-3s in your diet, because these important fatty acids can help prevent cardiovascular disease.

The latest evidence comes from a review study that analyzed 11 previous studies involving a total of 100,609 patients. The studies showed clear evidence that omega-3 fatty acid consumption was related to "a statistically significant reduction in mortality due to cardiovascular issues." In other words, people whose diets included omega-3s were less likely to die from cardiovascular disease than people whose diets lacked omega-3s.

If hearing the words *cardiovascular disease* doesn't scare you, perhaps these words will: *heart attack ... stroke .... heart failure*. Cardiovascular disease can lead to any of these life-threatening events. Take CVD seriously. Take care of your health, starting by making omega-3s a staple of your daily diet / supplementation strategy. Talk to your doctor to learn more.

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