

Healthyinfo Contributors

ESSENTIAL FATTY ACIDS – Omega 3

Vivien Clere Green is a Natural Health Consultant and runs her own Wellness Practice. Vivien is well positioned to identify the individual needs of our bodies to deal with modern lifestyles.

We asked her why we need Omega 3?

Omega 3 oils are a group of essential fats that are crucial to our health. Two are key, DHA and EPA and are found in fish oils. We need adequate supplies for our bodies and brains to function healthily. In fact, they are needed by every cell. When there is a deficiency, traffic in and out of our cells is impaired and cell to cell communication is affected.

These nutrients are so important that they are the only ones that medical science has called "essential" although we now know that we also need adequate supplies of minerals, vitamins, proteins, carbohydrates, fresh food and clean water.

Omega 3 oils are found in oily fish such as sardines, mackerel, herring, salmon and sprat but most people do not obtain sufficient supplies and added to which, in today's world our bodies are challenged with life style issues, pollution, radiation, toxic homes and processed, refined foods, devoid of sufficient nutrients. So we accept that we have to supplement and omega 3 oils are key ones alongside minerals and antioxidants.

As a practitioner, I want the best possible supplements. There is no point in taking a fish oil that is contaminated with industrial pollutants, PCB's, heavy metals and radioactive poisons.

Neways' Omega 3 is processed safely and guarantees the following:

- * Harvested from the cold waters of the Arctic and Norwegian sea
- * Highest quality
- * Free From Bacteria
- * Free From Heavy Metals (e.g. mercury, lead etc.) and PCB's

In the practice, I use Omega 3 all the time especially in cases of eczema, infertility, heart disease, immune disorders, diabetes, and preventively to help promote a healthy heart, immune system, brain functioning and skin integrity.

Contact Healthyinfo for more information on enquiries@healthyinfo.co.uk