

Are you afraid of memory loss?



Essential fatty acids (EFAs), omega-3s—including docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA)—and omega-6s, are some of the most widely known and widely researched nutritional ingredients. Omega-3s have an incredible well of research supporting their use for brain, heart and joint health.

HOW DO OMEGA-3 FATTY ACIDS SUPPORT BRAIN HEALTH?

According to Morten Bryhn, M.D. Ph.D., “Brain health is perhaps the most important category for current omega-3 fatty acid research. We know that brain cell membranes are saturated with the marine omega-3 fatty acid DHA, which has different local functions. DHA prevents development of amyloid formation.” Amyloid formation refers to plaques that form in the brain which clogs the brain cells and their interconnection pathways as seen consistently in Alzheimer’s disease. Omega-3s also reduce the inflammatory process initiated by amyloid since DHA is the key starting material for neuroprotection and components that help with keeping inflammation down. Omega-3s have antioxidative effects in the brain, thereby reducing the destructive potential of reactive oxidation species. These functions support the work of omega-3s in the brain.

CLINICAL STUDIES

A small subset of one clinical study of 32 subjects with mild cognitive dysfunction showed a significant reduction in memory decline rate when consuming omega-3 fatty acids.¹

A separate study of fish oil supplementation for 12 months in 18 elderly subjects showed improved cognitive function as compared to the placebo group. They showed significant improvement in short-term and working memory, immediate verbal memory and delayed recall capability. Fish oil was well tolerated.²

Dr. Bryhn concluded that in these two separate, randomized, double blind, placebo controlled trials, omega-3s not only demonstrated positive effects on memory decline in a small group of patients with very mild Alzheimer’s disease, but also, DHA improved short-term and working memory, immediate verbal memory and delayed recall capability in older people with mild cognitive impairment.³ Dr. Bryhn also said DHA

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was able to be transferred to the cerebral fluid, reduce the amount of amyloid and reduce parameters of inflammation.³ It is important to realize that severe memory dysfunction cannot be reversed, but if measures are taken, including nutritionally fortifying the diet, some memory decline can be diverted.

TIPS TO KEEP MENTALLY SHARP

The brain acts similarly to a muscle. It needs to be exercised regularly to function optimally. There are ways to exercise the brain as well as other behaviors to practice regularly to keep it healthy.

- Read and do stimulating mental exercises, such as crossword puzzles. Play thought-provoking games, such as scrabble, cards, checkers, chess, and word games.
- Reduce or eliminate aluminum from the diet as much as possible by using glass and stainless steel cooking ware. Line pans with wax paper when baking, not aluminum foil.
- Avoid products that contain aluminum. Read labels for aluminum content in prepared foods, deodorant products, and some cosmetics.
- Eat fresh green foods and color-rich vegetables and fruits for their antioxidant content.
- Exercise regularly to keep circulation to the brain optimal.



- Engage yourself with social activities such as dancing, book reviews, and classes to learn something new.
- Stay active in a hobby that you enjoy and which challenges your mind, such as arts and crafts, woodworking, redoing furniture, sewing, trying new recipes and activities that make you think and create.
- Make an effort to visit friends, listen and engage them in interesting conversations and activities.

INCLUDE LIFEPHARM DIETARY SUPPLEMENTS IN THE DAILY REGIMEN

As the importance of omega-3s to brain health is researched and proven by scientists, it is advisable that we incorporate OMEGA+++ into our daily regimens. OMEGA+++ helps replenish omega-3 fatty acids used by the body for multiple functions.

In addition, IMMUNE+++ should also be taken daily. It is a source of superior vitamin C and other antioxidant-rich ingredients, all of which work to help prevent free radical damage.



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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

REFERENCES

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