

How can EPA and DHA Omega 3 fatty acids be important for preventing so many different illnesses?

Omega 3 EFAs play a role in virtually every human function including growth and development, digestion, brain and nerve function, immune function, hormone production and regulation, maintenance of skin and bones, regulation of healing and inflammation, heart function, vision, cholesterol levels, and even emotions and behaviour.

This is why supplementing with Omega 3 EFAs has been shown to help people with so many different illnesses. In reality supplementing with Omega 3 EFAs will help anyone that is deficient in Omega 3 EFAs whether they have a diagnosed illness or not. The fact of the matter is that everyone needs Omega 3 EFAs and due to dietary practices virtually everyone in Western society is deficient. Without these essential nutrients cells cannot function properly and illness is inevitable even though it may take years before symptoms arise.

This does not mean that a deficiency in Omega 3 EFAs is the only cause of all illness; that would be an unscientific and illogical claim. However, it does absolutely mean that if someone is deficient in Omega 3 EFAs their cell function and thus their health is compromised and will be improved when they begin to supplement - this is an indisputable scientific fact. Obviously if Omega 3 EFAs are needed for proper cell function and cell function determines our health then Omega 3 EFAs are a significant determining factor in health. This is exactly what research indicates.

The above information is why we stress the importance of supplementation **BEFORE** illness develops. It is both dangerous and illogical to wait until illness develops to begin to take care of yourself or your children or your pets! How can we **PREVENT ILLNESS** or **PROMOTE HEALTH** if we wait until we are already ill before we take action?