

Omega-3-rich diet for health and well-being

Omega-3 fatty acids are essential nutrients that our body cannot produce itself. They play a crucial role in our health - from supporting cardiovascular function to inhibiting inflammation.

Why are omega-3 fatty acids so important?

Omega-3 fatty acids, especially the long-chain representatives EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), have numerous health-promoting properties:

- Anti-inflammatory: chronic inflammation can lead to problems in the cardiovascular system and joint problems.
- Heart health: Omega-3 fatty acids help to lower triglyceride levels and regulate blood pressure.
- Brain and mood: They are essential for cognitive function and can reduce the risk of depression (especially EPA).
- Skin health: DHA in particular is an important component of the cell membranes in the skin and helps to maintain moisture and elasticity.

Omega-3 during the menopause

During menopause, estrogen levels drop, increasing the risk of cardiovascular disease, inflammation, and dry skin. A diet rich in omega-3 fatty acids can help:

- reduce hot flushes and mood swings,
- keep skin and mucous membranes supple,
- relieve joint pain through its anti-inflammatory effect.

Good sources of omega-3

- fatty fish such as **salmon, mackerel, sardines and herring**
- plant sources such as linseed, chia seeds and walnuts
- **algae oil** as a vegan alternative to fish oil

Omega-3 analysis in nutritional advice

In my consultations, I offer a fatty acid analysis that measures the omega-3 index, the omega-6 to omega-3 ratio, and 26 different fatty acids. This allows us to make specific adjustments to your diet to meet your needs. Do you want to know if you are getting enough omega-3?

Make an appointment by calling +4319346206 or sending an e-mail to kocijan@optimalessen.com for analysis and consultation!