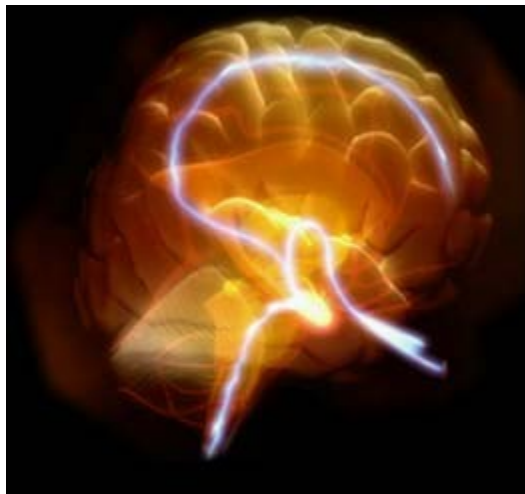


## ♥ Health Minute

### Fish oil for brain power...

Taking care of your heart by taking fish oil is a smart thing to do. It is smart because the omega 3 fatty acids in fish oil also benefit the brain. The brain contains a large quantity of the omega-3 DHA. Increasing your intake of fatty fish or adding fish oil supplements to your diet can increase the amount of DHA in the brain. Several studies suggest that people with high intakes of DHA have a lower incidence of Alzheimer's disease and see less age-related memory loss. DHA is equally important in the development of young brains – so much so that it is added to infant formula.



<b>Fish oil and brain power</b>	<b>Growing Minds</b>
<ul style="list-style-type: none"><li>♥ Reduced risk of stroke due to blood clot.</li><li>♥ May reduce the incidence of Alzheimer's disease</li><li>♥ May reduce age-related memory loss</li><li>♥ Increased learning capacity</li><li>♥ Improved cognitive performance</li></ul> <p style="text-align: center;">♥</p>	<ul style="list-style-type: none"><li>♥ One 2005 study showed that Infants of mothers who took fish oil supplements while pregnant and nursing had higher mental processing scores, psychomotor development, eye-hand coordination and visual acuity at 4 years of age. They also showed enhanced learning capability and academic performance.</li></ul>