

## The Omega-3 Way to Better Mental Health

A study of more than 100 subjects has found that Omega-3 fatty acids can influence mood, personality and behavior. Study participants with lower blood levels of Omega-3s were more likely to have symptoms of depression and a more negative outlook, according to accepted tests for depression, impulsiveness, and personality. Those with higher blood levels demonstrated the opposite emotional states.

The cardiovascular health benefits of Omega-3 intake is well known, but the psychological effects are less studied.



[EurekAlert](#) March 3, 2006

---

### Dr. Mercola's Comment:

You know how dangerous antidepressants can be, yet many people take them reflexively on the advice of a conventionally trained doctor, who has been brainwashed by the multi-national drug companies that influence the FDA. They also, in large part, control the journals that publish deceptive studies that support the use of these expensive choices that in no way, shape or form treat the underlying cause of the illness.

Certainly the entire blame is not on physicians, as many patients are seeking a simple band-aid remedy. They simply do not want to do the hard work their body is screaming for them to do, and address the underlying emotional circuit disruption and diet changes that would improve their condition.

Others are not even aware that these effective options exist, as the media does not widely support them – and the drug companies, and their control of virtually the entire medical system, certainly doesn't want the competition. What they don't want you to know is that depression, and many other diseases, can be beaten naturally and safely by eating the right foods containing Omega-3 Essential Fatty Acids..

Dr. Stoll is a Harvard psychiatrist who has done a great job of compiling the evidence supporting the use of fish oils for depression. His book, [The Omega-3 Connection](#), is an excellent resource for those that need more detailed information on this topic.

Unfortunately, the ideal source of Omega-3 – fish - is typically not a safe solution because nearly all of them contain high levels of mercury and PCBs.

## Getting Your Omega-3 Beats Depression

This interesting free full-text journal article reviews the use of foods rich in Omega-3 fats as a method of treating depression. It concludes that there is a good deal of epidemiological, laboratory and clinical evidence suggesting that Omega-3s could play a role in the treatment and prevention of the illness.

While the report calls for further study, it encourages all mental health professionals to ensure that their patients suffering from depression have an adequate intake of Omega-3 fats.

Currently, the average daily intake by Americans of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) is about 130 mg, only a fifth of the minimum requirement recommended by international experts.

The report also argues that mental health specialists do not have to be experts in clinical nutrition to be aware of the real connection between nutritional habits and emotional health.

[Lipids in Health and Disease](#) **Free Full-Text Journal Article**



---

### Dr. Mercola's Comment:

You know how your emotions play a crucial role in your health overall, and that taking an antidepressant drug is, at best, a dangerous proposition. One of the best and safest options for dealing with depression without a drug is increasing your intake of Omega-3 fats.

If this subject interests you, I highly recommend Dr. Stoll's book [The Omega-3 Connection](#). He is a Harvard psychiatrist who has done a great job of compiling the evidence supporting the use of Omega-3 for treating depression. Currently, most Americans are only getting a fifth of the Omega-3 they need, which is one major factor why depression has become such a widespread problem.

In addition to Omega-3, there are a number of other non-drug options for you if you suffer from depression. More and more evidence is accumulating that for most people exercise is more powerful than drugs in treating depression. To truly help with the problem, though, exercise should be used like a drug, and must be prescribed very carefully. Going out for a simple walk after dinner will not likely provide as much benefit as a comprehensive exercise strategy.

Bright light exposure is also crucial to prevent SAD (seasonal affective disorder), and the use of full-spectrum lights in the winter is a vital tool in helping prevent this form of depression. All of these are better, safer and healthier alternatives for depression than taking an antidepressant.

### Related Articles:

[New Findings About Omega-3 Fatty Acids and Depression](#)