

NATUROPATH

Omega 3 for youthful ageing skin

The list of ailments and body systems that are supported by Omega 3 is extremely long, from major disorders such as arthritis and heart disease through to helping maintain our simple but complex outer layer (the skin).

Every cell membrane in the body is put simply, a fatty double layer. Omega 3 assists by providing the essential fatty acids to each and every cell membrane.

To understand the importance of our cell membrane, realise that your cells make up your tissues, your tissues make up your organs, which together make up your body's systems.

Essential fatty acids must be provided by the diet. Even if we closely watch what we eat, we may not get enough nutrients, and supplements are necessary.

For our skin to stay strong and age well, the strength and integrity of each cell's membrane is vital. Many skin disorders such as eczema, psoriasis, acne and rosacea have all shown improvement in clinical research with Omega 3. The skin is a great indicator - if your skin is dry and flaky there is a high possibility you may have a deficiency.

Fish, such as salmon, sardines, mackerel, tuna and anchovies provide directly Omega 3's active ingredients being EPA (Eicosapentaenoic acid) and DHA (Docosahexaenoic acid). These are powerful anti-inflammatories and are highly recommended in our diet on a regular basis.



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