

## Omega 3's Benefits for Women

1. **Breast Cancer Protection:** Research shows women with a high intake of fish oil fatty acids have up to 50% less chance of getting breast Cancer, which is a major concern for most women. DHA is a natural anti-inflammatory that stops cellular transformation and kills off cancer cells.
2. **Relief from menstrual cramps:** Unpleasant menstrual cramps are often the result of a fatty acid imbalance. Omega 3's relieves monthly pain and cramping known as dysmenorrhea.
3. **Improved fertility:** Studies show that infertility is directly related to the amount of Omega 3's you consume. Fish oil balances hormones, improves hormonal levels and increases blood flow to the uterus. The more Omega 3's you get the greater your odds of conceiving.
4. **Healthy babies:** Fish oil is essential to a healthy baby, facilitating healthy placental blood flow and the efficient exchange of nutrients and oxygen between mother and baby.
5. **Preeclampsia prevention.** The high blood pressure during pregnancy, which is known as preeclampsia can be very dangerous. The omega 3's help maintain healthy blood pressure and greatly reduce any health risks for both mother and child.
6. **Full term babies:** Fish oil fatty acids also lower the danger of premature birth. This insures during pregnancy a baby has fully formed lungs and reaches a healthy birth weight.
7. **Baby's brain development:** A child's brain is especially dependent on the fatty acids found in omega 3 fish oil. For example, DHA has been found to ensure proper brain development and to increase a child's intelligence. It also improves eyesight and the development of motor skills.
8. **Less postpartum depression:** Studies show women with a higher consumption of fish oil suffer significantly less postpartum depression. This means better times for both mom and baby.
9. **Minimized menopause problems:** By greatly improving hormonal balance, fish oil fatty acids can dramatically reduce menopause problems such as hot flashes and mood swings.
10. **Protection against osteoporosis:** Having high levels of fish oil fatty acids has been shown to lower your risk of osteoporosis which is an especially high risk for women after menopause.
11. **Reduced risk of heart disease:** Heart disease kills more women prematurely than any other disease, including breast cancer and the danger increases after menopause. Omega 3 with EPA and DHA is your best defense.

As you can see, from the time a woman's born until she becomes a wise elder in her family and community, there are numerous amazing Omega 3 benefits. Scientific research can show you how it works, but then it's up to you to start taking Omega 3 on a regular basis.