



# The Omega-3 Connection: How You Can Restore Your Mental Wellbeing and Treat Memory Loss and Depression

*Andrew L. Stoll*

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## **The Omega-3 Connection: How You Can Restore Your Mental Wellbeing and Treat Memory Loss and Depression** Andrew L. Stoll

This title looks at why our ancestors relied so much on omega 3 oils, found in fish, flaxseed, game, breast milk and walnuts for their brain development and general health. The author believes most humans are deficient in omega 3 from birth onwards - especially if we're not breastfed. The results of deficiency include: depression, post-natal depression, an increase in degenerative diseases like Alzheimers, and an increase in heart attacks and strokes. This book introduces a safe, natural, and simple treatment for managing depression and related illnesses without side effects using diet and over-the-counter supplements.

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In this period globalization it is important to someone to receive information. The information will make someone to understand the condition of the world. The healthiness of the world makes the information quicker to share. You can find a lot of personal references to get information example: internet, newspaper, book, and soon. You can observe that now, a lot of publisher that will print many kinds of book. The actual book that recommended to your account is The Omega-3 Connection: How You Can Restore Your Mental Wellbeing and Treat Memory Loss and Depression this book consist a lot of the information from the condition of this world now. This specific book was represented how do the world has grown up. The terminology styles that writer use for explain it is easy to understand. The actual writer made some analysis when he makes this book. That is why this book suitable all of you.

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