



## *Omega-3 fatty acids improve the mood, help with weight loss and prevent diabetes*

Depression is one of the most disregarded diseases.

Researchers have found that in cultures with a high proportion of omega-3 fatty acids in the diet, the incidence of depression is significantly lower.

It has been shown that the lifestyle and vitality are improved once omega-3 fatty acids are taken as a dietary supplement.

The study was published in the Journal of Neurology, Neurosurgery and Psychiatry.

The study found that active ingredients that inhibit inflammation, such as omega-3 fatty acids, reduce depressive symptoms by nearly half compared to a placebo.



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Experience has shown that positively tuned people move more than people with depressive moods. And in motion with muscle building is also the key to treating insulin resistance. Losing weight then follows all by itself.

It has long been thought that omega-3 fatty acids can help people with impaired insulin sensitivity.

However, the scientific community has only recently begun to carry out concrete studies on this subject which confirm the assumptions

about the interaction of fish oil and insulin.

The mechanism believed to be behind the regulation of insulin by omega-3 fatty acids is that the fatty acids interact with the cell receptors, and that this interaction makes it easier for cells to connect to insulin, helping to reverse insulin resistance.

Over the past decade, the effect of omega-3 fatty acids on diabetes and low insulin sensitivity has been studied, and the results strongly suggest that omega-3 can effectively contribute to the treatment of insulin sensitivity disorders.