

## **Omega-3 Fatty Acids**

Some studies suggest that omega-3s may be helpful in the treatment of depression and seem to have a mood-stabilizing effect. Omega-3 essential fatty acids may also help boost the effectiveness of conventional antidepressants and help young people with ADHD.

Omega-3 fatty acids are thought to be important in reducing inflammation, the primary cause of conditions like arthritis and asthma, and play a role in heart health by reducing triglycerides (blood fats). They may also reduce risk for certain kinds of cancer.

Hemp seed oil is composed of nearly 85 percent essential fatty acids (EFAs) alone and offers the richest, most balanced natural source of EFAs. In fact the amount of alpha-linolenic and linolenic acid in 15 ml (one tablespoon) of hemp seed oil provides more than the daily EFA requirements suggested by the FDA. In addition, hemp seed oil is lower in saturated fatty acids than other comparable oils, is easily digested and has been shown to alleviate symptoms of atopic dermatitis (eczema) and even psoriasis.

Hemp seed oil also exhibits the highest total phenolic content and antioxidant activity compared to all other plant-based oils (with the exception of pumpkin seed oil). Naturally occurring phenolic compounds are known to play a key roll in reducing the risk of cancer, relieving systemic inflammation, acting as a powerful antioxidant and promoting free radical elimination.

Chemo-preventive (anticarcinogenic) properties of hemp seed oil work by causing apoptosis (cell death), inhibiting the cell cycle and preventing the abnormal proliferation of cells characteristic of cancerous tumors. In addition to being safe to consume, hemp seed oil is more sustainable than fish oil because it does not upset ocean ecosystems and reduce sizable fish populations necessary to support fish living in the upper areas of the food chain. In addition, hemp plants are pest and disease resistant, help reduce greenhouse gases in the atmosphere and provide hemp seeds from which we can cold-press versatile, nutritious and eco-friendly hemp seed oil.

<http://www.mentalhealthamerica.net/conditions/healthy-diet-eating-mental-health-mind><https://www.naturalife.com/blog/lifestyle/omega-truth-hemp-vs-fish-oil/>

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*Nutritional medicine as mainstream in psychiatry, Sarris J, et al. Lancet Psychiatry. 2015*