

# OMEGA-3 FATTY ACIDS QUICK REFERENCE GUIDE FOR WOMEN



# IS YOUR DIET GETTING ENOUGH FAT?

## Unlock the Power of Omega-3s for Your Brain and Beyond

Omega-3 fatty acids are essential fats that play crucial roles in body and brain health. They're especially powerful for enhancing cognitive function, supporting emotional well-being, and maintaining overall health during key life stages and conditions.

Dive into how Omega-3s can be particularly beneficial for women's health, menopause, pregnancy, fertility, perimenopause, ADHD, and PMS.

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### ✔ BENEFITS FOR YOUR BRAIN

- **Boosts Cognitive Function:** Enhances memory, focus, and learning.
- **Mood Regulation:** Helps combat depression and anxiety.
- **Supports Brain Health During Aging:** May reduce the risk of Alzheimer's disease.

### ✔ PERIMENOPAUSE

- **Hormone Health:** Helps manage the hormonal fluctuations of perimenopause.
- **Mood Stabilisation:** May help in reducing mood swings and irritability.



## ✓ MENOPAUSE

- **Eases Menopausal Symptoms:** Helps manage hot flashes and mood swings.
- **Supports Mental Well-being:** Reduces the risk of post-menopausal depression.
- **Heart Health:** Menopause increases the risk of cardiovascular disease, and omega-3s are known for their heart-protective properties.
- **Skin Health:** Menopausal changes can affect skin elasticity and hydration. Omega-3s contribute to maintaining the skin's lipid barrier, helping to keep skin moisturised and potentially reducing the signs of ageing.
- **Inflammation:** Omega-3 fatty acids have anti-inflammatory properties that can be beneficial in reducing systemic inflammation, which is often linked with menopausal symptoms like joint pain and discomfort.

## ✓ PREGNANCY & FERTILITY

- **Crucial for Fetal Brain Development:** Essential for the growth of the brain and retina.
- **Enhances Fertility:** Improves egg quality and hormonal balance in women; increases sperm count in men.
- **Supports Maternal Health:** May decrease the risk of preterm labour and postpartum depression.

## ✓ ADHD MANAGEMENT

- **Improves Attention and Behaviour:** Studies show significant improvement in attention, impulsivity, and hyperactivity in individuals with ADHD.
- **Supports Brain Function:** Essential for optimal brain performance and managing ADHD symptoms.

## ✓ PMS RELIEF

- **Alleviates PMS Symptoms:** Helps reduce the severity of mood swings, cramps, and overall discomfort.



## Omega-3 Sources

**Incorporate these Omega-3 rich foods into your diet for a brain-healthy boost:**

- Fatty fish (salmon, mackerel, sardines)
- Flaxseeds
- Chia seeds
- Walnuts
- Hemp seeds

## QUICK TIP

Strive to include at least two servings of fatty fish in your diet each week and sprinkle seeds or nuts on salads, yogurts, or smoothies to enrich your meals with Omega-3s.

Embrace the incredible power of Omega-3 fatty acids to enhance your brain health and support your body through various life stages and health challenges.

**Start today for a healthier tomorrow!**

