



## **Sushi, Bruschetta, Guacamole – Summertime is cool, fresh and full of Omega 3s!**

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It's summertime, and it's a great time to eat lots of food rich in Omega 3 fats. If you are watching your cholesterol or are at risk for heart disease, you may have been told to eat more Omega 3s. Many people don't know that Omega 3s are good for everybody – not just people at risk for heart disease.

Omega 3 fats are naturally anti-inflammatory. Inflammation is an underlying factor in MANY health problems, including: asthma, allergies, eczema and other skin conditions, types of arthritis, type 2 diabetes, heart disease and others.

The human diet used to contain more Omega 3 fats when most of the animals we ate were grass-fed. Now, we consume much lower quantities of Omega 3 fats and need to work harder to incorporate them. I recommend Omega 3 fats to all of my patients, regardless of their risk factors or current health. Almost *anyone* can benefit from a higher Omega 3 intake. 2 – 4 grams per day of Omega 3 fats is a good goal.

That being said, the summer is a great time to get more Omega 3s from our diet rather than from supplements. People tend to crave fresher, lighter foods during warmer months. As you are preparing meals this summer, use more fish, olive oil, soybeans, avocados, walnuts and flaxseed. All of these are great sources of Omega 3s. A salad with salmon, avocado, chopped walnuts, a homemade olive oil and balsamic vinaigrette, and veggies would be a great way to eat those Omega 3s and tastes great after a long day in the sun.

Remember, it's always easier to prevent than to treat. Start now on increasing your intake of Omega 3s and help your body to avoid some of the most common chronic health problems! Bon Appetit!

*Dr. Whitehead is a family chiropractor in Mooresville. Her office, Advanced Spinal Fitness, provides comprehensive chiropractic wellness care for the whole family. Find out more at [www.AdvancedSpinalFitness.net](http://www.AdvancedSpinalFitness.net).*