



November 15, 2016 – Grand Rapids, MI

## What You Need to Know About Omega-3s

In preparation for this weekend's [Live in Chicago](#) seminar, I'm covering basic information about three supplements this week. One of my favorites and one I don't ever leave home without is omega-3 fatty acids.

There are three basic forms of omega-3 fatty acids: eicosapentanoic acid or EPA, docosahexaenoic acid or DHA, and alpha-linolenic acid or ALA. The body cannot make omega-3 fatty acids, so they have to come from food and supplements. ALA is an essential fatty acid—the body can make EPA and DHA from it but not very well—so getting EPA and DHA from diet and supplements is critical.



EPA and DHA omega-3s benefit different parts of the body, and here's a simple way to remember. DHA helps from the neck up with the brain and eyes. EPA helps from the neck down: it can help with reducing the risk of cardiovascular disease and with reducing inflammation. Of course the arteries go to the brain and the nervous system extends to the entire body, but neck up and neck down may help you remember what parts of the body they can primarily help.

On Sunday at the *Live in Chicago* event, I'll be talking about specific use of each type of omega-3 fatty acids for varying conditions. [Supplementing for Health](#) is designed to help the lay person and the health professional understand the benefits of supplementation for health and disease. I hope you'll join me there.

What are you prepared to do today?

**Dr. Chet**

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