

FOUNTAIN OF YOUTH

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The Fountain of Youth has been searched for and talked about for thousands of years. However, until this eternal “swimming pool” is discovered, the best way to extend your life is to live as healthfully as possible. One simple, inexpensive, and scientifically proven way to boost your overall health is to increase your intake of Omega-3 Essential Fatty Acids.

This powerful substance is called “essential” because we can’t live without it. Ironically, our body isn’t able to produce Omega-3 EFAs, so the only way that we can acquire them is from food or supplements. Unfortunately, the average American’s diet is severely deficient in this all-important substance.

Past studies have shown that Omega-3 EFAs can help lower a person’s bad cholesterol (LDL), increase fat burning, decrease breast cancer risks, limit internal inflammation related to asthma, fight depression, and reduce blood clot formation (stroke).

Omega-3 EFAs can be found in salmon, halibut, sardines, flax seeds, hemp seeds, soybeans, walnuts, pecans, and canola oil. You can also increase your Omega-3 intake by taking vitamin supplements, such as fish oil, flax see oil, and krill capsules.

Though the Fountain of Youth may never be found, you can begin your very own anti-aging quest by simply taking a trip to your local Whole Foods market!