

The Single Most Important Nutrient for Mental Health

By Jonathan Landsman, Natural News

Did you know that a lack of omega-3s in the diet can cause irrational (even violent) behavior? Yet, conventional medicine and dumbed down news reporters remain clueless to the scientific data which suggests that most mental health issues are associated to nutritional deficiencies.

Can diet (alone) eliminate depression and violent behavior?

The answer is a resounding - YES! Mounting scientific evidence suggests that nutritional deficiencies like a lack of omega-3 damage the brain and is responsible for many of the mental health issues in our society today.

Could brain inflammation be the real cause of mental disease?

Essential Fatty Acids are nutritional cornerstones of human health. Two major families of fats are comprised under this designation, omegas 3 and 6. They are deemed 'essential' because we need them for proper health - much like certain vitamins and minerals - but we can't produce them on our own. We must consume these fats through diet or supplementation.

Most people associate omega-3s with cardiovascular health, but their benefits go far beyond the heart. The two main omega-3s eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) support healthy inflammatory levels, which are behind the relief of many chronic health conditions. Extensive research has documented the health benefits of EPA and DHA which include not only a healthy heart, but brain and cognitive function; joint mobility; eye health; pregnancy and lactation; healthy skin and hair; and a healthy immune system.

How to eliminate depression and dramatically reduce your risk for premature death?

Did you know that an omega-3 deficiency has been labeled the "8th leading cause of preventable death in the United States, among dietary, lifestyle, and metabolic risk factors"? Most people have no idea that they are omega-3 deficient. But a simple "omega-3 blood spot" test can tell you if you lack this essential nutrient for vibrant health - visit: Omega3Test.com and get tested today.

According to Stuart Tomc: if your omega-3 blood spot test shows a "50 percent or more in your tissue HUFA (highly unsaturated fatty acids) that correlates to a 90 percent reduction in sudden and primary cardiac arrest. So if you think you have high levels of omega-3, you may not, based on your background diet; your genetics and demands on your immune system."

Sound the alarm! Everyone needs to get clear about the importance of omega-3's - especially for the health of our children. The next NaturalNews Talk Hour proves, beyond a shadow of a doubt, that better nutrition can solve most mental health issues plus much more!

This week's guest: Stuart Tomc, Medical Researcher and Expert on Dietary Supplements ,discovers the real reason why depression, violence and suicide are growing at an alarming rate

With over 20 years of experience in the field of Nutritional Medicine, Stuart Tomc is an authority on evidence-based dietary supplements. He is a respected former consultant to the World Health Organization and integrative physicians worldwide having traveled the world as an educator and trainer for over 10 years. With an accomplished background in media appearances, Stuart is adept at educating, entertaining, and delivering a powerful message on important health subjects in today's changing world.

Stuart currently serves as National Educator and Spokesperson for Nordic Naturals. Stuart has been interviewed on over 2,000 radio interviews; appeared on almost 50 television shows and exhibited at over 150 natural health and product shows. Stuart is well known for his print interviews and articles with a reputation for being "absolutely amazing"!

Can diet (alone) eliminate depression and violent behavior? The answer is a resounding - YES! Mounting scientific evidence suggests that nutritional deficiencies like a lack of omega-3's damage the brain and is responsible for many of the mental health issues in our society today. All of this is preventable - get the facts - don't miss our next show!