



# Omega 3 Oils: A Practical Guide

By Donald Rudin, Clara Felix

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Omega-3 oils can reduce your risk of heart disease, arthritis, skin and bowel problems, and immune and allergic disorders. Unfortunately these oils are deficient in the typical American diet. This book teaches you how to make smart food choices to restore these essential nutrients that your mind and body need to function properly.

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## **Omega 3 Oils: A Practical Guide By Donald Rudin, Clara Felix Bibliography**

- Rank: #2221611 in Books
- Published on: 1996-07-01
- Released on: 1996-07-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .60" w x 6.00" l, .53 pounds
- Binding: Paperback
- 224 pages

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### Editorial Review

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Omega 3 oils, obtained primarily from fish and flaxseed, have all kinds of possibilities, according to research physician Rudin, who has worked with them for years (coauthor Felix is a nutrition science journalist). For example, they raise the level of "good" and lower the level of "bad" cholesterol. They may be of help in preventing sudden infant death syndrome, for they have been absent in many babies who died of the tragic malady. Heart disease, diabetes, skin conditions, and premenstrual syndrome apparently are helped by Omega 3 oils as are several diseases of aging. Even mental problems such as agoraphobia, mood disorders, and schizophrenia are, Rudin claims, improved by these oils. Rudin bases most of his argument on a research study he carried out in the 1980s. Although it included just 44 patients and had no control group, the study produced results Rudin believes are valid enough to prove his assertions. *William Beatty*

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##### **Christopher Milbrandt:**

Omega 3 Oils: A Practical Guide can be one of your beginner books that are good idea. Many of us recommend that straight away because this publication has good vocabulary that could increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort to place every word into pleasure arrangement in writing Omega 3 Oils: A Practical Guide however doesn't forget the main place, giving the reader the hottest as well as based confirm resource details that maybe you can be considered one of it. This great information could drawn you into new stage of crucial pondering.

##### **Blanche Watson:**

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**Misty Ware:**

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