

## health benefits of eating wild alaskan salmon

### Omega-3s and Your Health.

It is becoming fairly common

knowledge throughout the world how important omega-3 fatty acids are to reducing your risk of heart disease. It is also a well known fact that eating wild salmon is about the best way you can get omega-3 fatty acids as a regular part of your diet. The American Heart Association (AHA) recommends eating fish at least two times per week to support a healthy cardiovascular system. Be sure to visit the AHA website or check out these articles for more info on omega-3 fatty acids and their relationship to a healthy heart, growth and development: [article 1](#), [article 2](#).

Recently we have been made aware of even more great news about the health benefits of eating wild Alaskan salmon. Eating wild salmon is not only a great way to keep your body healthy, it is also a great way to take care of your mental well being.

When you're in a bad mood or just feeling blue, eat fish. It turns out that omega-3 fatty acids have more of an influence on mood, personality and behavior than ever before realized.

Researchers from the University of Pittsburgh Medical Center say they have discovered that omega-3 fatty acids, found in abundance in salmon, mackerel, lake trout, herring, sardines and albacore tuna, influence impulsivity, personality and how people feel.

The study: Led by Dr. Sarah Conklin, the team analyzed levels of omega-3 fatty acids in the blood of 106 healthy volunteers and then compared that data to the participants' scores on three accepted tests for depression, impulsiveness and personality. The volunteers made no changes to their diets during the study period.

The results: Those with lower blood levels of omega-3 polyunsaturated fatty acids were more likely to report mild or moderate symptoms of depression, a more negative outlook and be more impulsive, while those with higher blood levels of omega-3s were found to be more agreeable.

Previous research has connected low levels of omega-3 to clinically significant conditions such as major depressive disorder, bipolar disorder, schizophrenia, substance abuse and attention deficit disorder. This latest study is the first to show that these relationships also occur in healthy adults.

The study findings were presented at the Annual Scientific Meeting of the American Psychosomatic Society in Denver.