



The Head Bone's Connected to the Fish Bone

Better Your Brain...Eat Seafood.

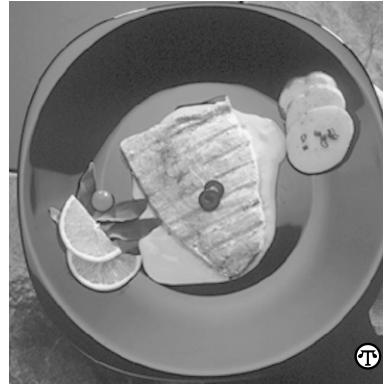
By Sara Ann Harris,
Louisiana Seafood Board
(NAPSA)—Fish, shellfish and mollusks are *the* best source of omega-3, a remarkable nutrient. According to Dr. Andrew Stoll, of Harvard Medical School's Department of Psychiatry, one of the latest of many health benefits of omega-3 is improved brain cell functioning.

More specifically, a study published in the American Medical Association's *Archives of General Psychiatry* indicates that omega-3s ease the symptoms of bipolar disorder, a brain cell malfunction.

Stoll said that the focus of the study was to look at "agents with biochemical interactions with brain cells...similar to those of drugs that are currently used as mood stabilizers and antidepressants."

The researchers found that large doses of omega-3s seemed to achieve results like those of the psychotropic medications. Technically, omega-3s replenished the brain cell membranes where the malfunction occurs. This may have relieved the chronic bouts of depression and euphoria that characterize bipolar disorder.

The study and control groups were made up of individuals receiving treatment for the disorder. Study group members ate diets including 9.6 grams of omega-3s daily. (One serving of fish, shellfish or mollusks contains 0.2 to 2.0 milligrams of omega-3s). Control group members ate olive oil placebos instead. Everyone was tested frequently for anti-depressant and mood-stabilizing effects. Dr. Stoll concluded, "The results (for the study group) were more positive than we could have imagined."



Omega-3s are a family of polyunsaturated fatty acids. Fatty acids along with proteins and carbohydrates are the principal structural materials of all living cells. As health conscious consumers know, omega-3s also lower the chances of heart disease and breast cancer and ease the pain of arthritis.

To best preserve omega-3s, cooks are advised to purchase only fresh seafood, refrigerate it well and prepare it within 24 hours. Experts also recommend broiling, grilling or baking without butter or margarine.

The brain cell study was not considered conclusive, because the number of participants (30) was quite small. Dr. Stoll and his fellow researchers are already one year into a follow-up study to determine the scientific reliability of their original findings. Anyone interested in adding omega-3s to their current treatment is advised to consult with their doctor.

For free seafood recipes, visit the Louisiana Seafood Board's web site at www.louisianaseafood.com or call the Recipe Hotline, 1-800-222-4017 and ask for the omega-3 fish dishes.