HONEYBRAINS

THREE ESSENTIAL BENEFITS OF OMEGA 3s

Omega-3 fatty acids are essential brain nutrients. Omega 3s are required for life. Because the body cannot make Omega 3s, we rely on dietary intake of them from food. Most Americans don't get enough Omega 3. Fish and nuts are the best dietary sources of Omega 3.

Omega 3 intake is critical for brain health because high intake of Omega 3 supports our digestive, circulatory and metabolic health. These three organ systems nourish and protect the brain by absorbing, transporting, and breaking down nutrients from food.

BENEFIT 1:

AN OPTIMIZED DIGESTIVE SYSTEM

The body gets nutrients through the intestines, whose job is to discriminate between nutrients and enemies. This process requires a delicate balance of pro and anti-inflammatory processes. People with higher Omega 3 intake tend to maintain a healthier microbiome and a cancer-free digestive system, which provides the optimal environment for absorbing brain nutrients.

BENEFIT 2:

A HEALTHIER CIRCULATION

The brain receives oxygen and energy from blood vessels that get smaller and smaller as they reach the deeper recesses. People with higher Omega 3 intake tend to maintain healthier brain blood vessels throughout life, which keeps them using their whole brain throughout life.

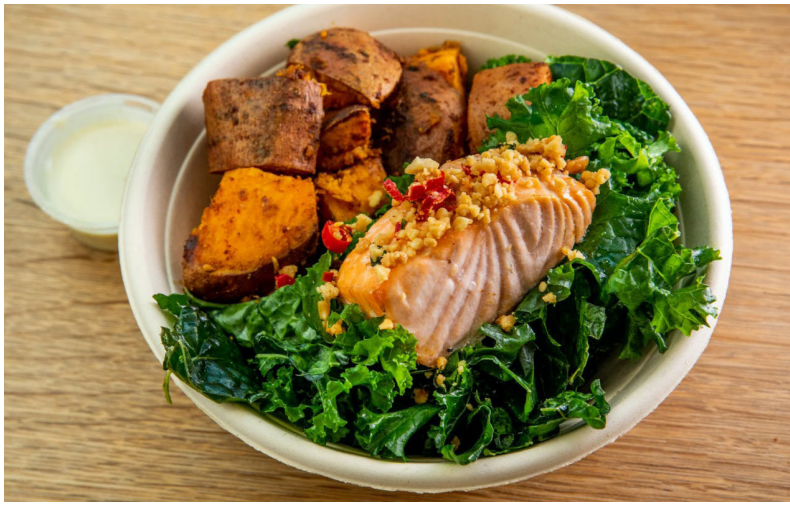
BENEFIT 3:

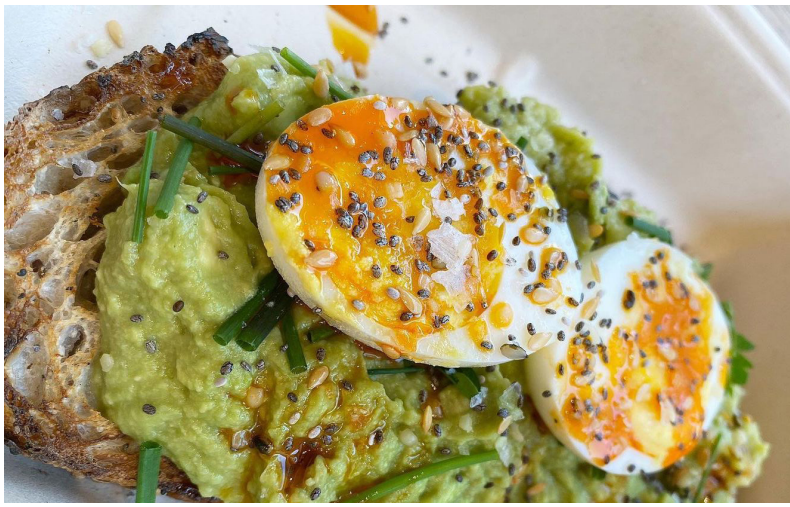
A BETTER METABOLISM

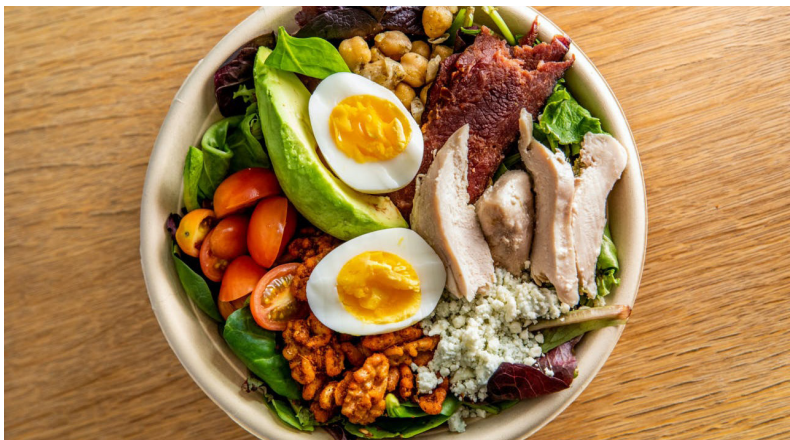
The brain is the most energy-hungry organ of the body. Just like the body, the brain also relies on insulin to convert food into energy. People with higher Omega 3 make more efficient use of insulin when digesting food. Efficient use of insulin helps the body maintain an optimal weight. Efficient use of insulin also helps long-range brain connections stay strong.

OMEGA-3S AT HONEYBRAINS:

Many Honeybrains dishes are high in Omega 3, including the Daily Catch, Dr. Smoked Salmon, Avocado Crush with 8 Minute Omega-3 Eggs, Power Oatmeal with Walnuts, and Chia Charge. Also, Honeybrains uses only Omega 3 eggs.







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