

REGIMEN-E

All you need to know about FISH OIL, OMEGA-3S, DHA AND EPA



What are the symptoms of Omega 3 Fatty Acid deficiency?

Deficiency of Omega 3 Fatty Acid imbalance are linked with serious health conditions, such as heart attacks, cancer, insulin resistance, asthma, lupus, depression, postpartum depression, stroke, diabetes, arthritis, attention deficit hyperactivity disorder, and Alzheimer's disease.

What is DHA deficiency?

In humans, DHA deficiency in early life has been associated with **learning disabilities, ADHD, aggressive hostility, and several other disorders**. Furthermore, low levels in mothers are linked to an increased risk of poor visual and neural development in the child.

DEFICIENCY OF OMEGA 3 FATTY ACID

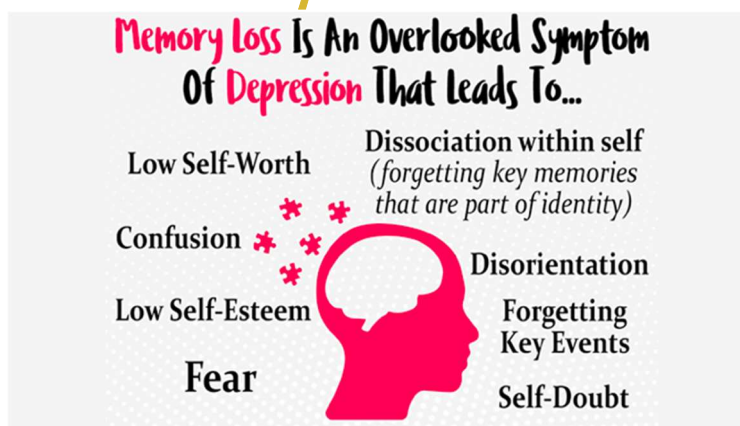
Fatigue

Causes a vast range of other physical, mental and emotional symptoms including:



- Chronic Tiredness or Sleepiness
- Headache
- Dizziness
- Sore Or Aching Muscles
- Muscle Weakness
- Slowed Reflexes and Responses
- Impaired Decision-Making and Judgement
- Moodiness, Such as Irritability
- Appetite Loss
- Reduced Immune System Function
- Blurry Vision
- Short-Term Memory Problems
- Poor Concentration

Poor Memory



- Anxiousness, sadness and hopelessness.
- Restlessness and irritability.
- Change in appetite and weight Loss
- Trouble concentrating and working mindlessly

Mood Swings

Extreme mood swings can be characteristic of mental illnesses such as bipolar disorder. Changes in your hormone levels can lead to mood swings. It's no surprise that teenagers are often described as "moody." For women, PMS, pregnancy, menopause (the year after your last period), and perimenopause (the years before it) can lead to unpredictable moods. . .

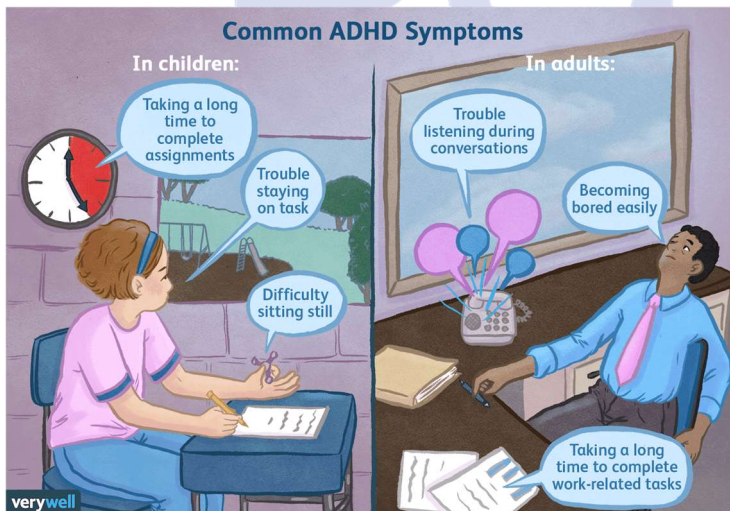
DEFICIENCY OF DHA

Learning Disabilities:



- Difficulty with reading and/or writing.
- Problems with math skills.
- Difficulty remembering.
- Problems paying attention.
- Trouble following directions.
- Poor coordination.
- Difficulty with concepts related to time.
- Problems staying organized.

ADHD (Attention deficit / Hyper activity disorder):



- Carelessness and lack of attention to detail.
- Continually starting new tasks before finishing old ones.
- Poor organisational skills.
- Inability to focus or prioritise.
- Continually losing or misplacing things.
- Forgetfulness
- Restlessness and edginess.
- Inability to deal with stress
- Extreme impatience

THE MENTIONED SIGNS & SYMPTOMS OF POOR MEMORY ARE DEFINED AS A HEALTH AWARENESS

This information is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your Physician or other qualified health professionals regarding any medical condition.