



## Omega-3s: The Smooth Operators

Omega-3s are some of the most powerful nutrients for cooling inflammation and supporting long-term metabolic and heart health. Think of them as your internal fire crew — arriving quickly to calm the sparks that come from stress, processed foods, poor sleep, and everyday wear and tear on your arteries. These fats help stabilize cell membranes, improve how your body handles fats like triglycerides, and support smoother blood flow. Most people don't get enough from diet alone, which is why intentionally adding fatty fish, chia, flax, or a high-quality fish oil supplement can make a noticeable difference in how you feel and function. Even a few servings a week can help put out the “slow burn” happening beneath the surface.

Omega-3 fatty acids = healthy fats that reduce inflammation and support brain and heart health.

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**01 Mini Teaching**  
EPA and DHA help lower triglycerides and protect your heart.

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**02 Example**  
They're like oil for your body's gears — things move better when they're well-lubricated.

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**03 Try This Today**  
Eat salmon, sardines, or chia seeds. Bonus: track how your joints and focus feel in a week.

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