Omega 3s

The Fire Extinguishers

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.

01 **Mini Teaching**
Omega-3 fatty acids (EPA & DHA) = anti-inflammatory fats from fish and flax.

02 **Example**
Picture firefighters sliding down the pole to put out arterial sparks. Omega-3s thin the blood slightly, reduce triglycerides, and calm inflammation.

03 **Try This Today**
Eat salmon, tuna, or walnuts. If you supplement, aim for 1 g EPA/DHA.

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