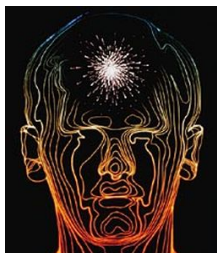


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By: Alexandra Lupu, Health News Editor



[Study Adds Evidence to Link Between Omega Fatty Acids and Better Cognitive Function](#)

Both omega3s and omega6s are beneficial for our mental health, by boosting memory, attention and cognitive function on the overall

Even if previous studies have already linked omega fatty acids - especially omega3s - to a better physical and mental health, a recent Japanese research comes to add new evidence to the fact that both omega-3 and omega-6 essential fatty acids are extremely effective in improving cognitive function and preventing mental decline. The current research was led by a team of scientists at the Japan Foundation for Aging and Health and the findings of their study have been published in the Neuroscience Research Journal. Lead author of the study, researcher Susumu Kotani stated that the object of their trail was to include the beneficial effects both omega 3s and omega 6s have on mental health, as most of the previous investigations focused only on mega-3 fatty acids: "There were some reports suggesting the effect of omega-3 fatty acids such as EPA and DHA on cognitive functions in human subjects, but very few reports have focused on the effect of omega-6 fatty acids. The present pilot study of ARA and DHA supplementation showed remarkable memory improvements in the human patients with organic brain lesion or mild cognitive impairment." Essential fatty acids, namely omega 3 and omega 6 fatty acids are polyunsaturated fats - the most beneficial against cholesterol - and are mainly found in fish oil, sea fruits, vegetal oils (especially in saffron and sunflower), soy and corn oil. Omega3 fatty acids are found in high amounts in fish, sea food, vegetal products (cereals, seeds, nuts, leguminous products, dark green leafed vegetables, figs), vegetal oils, like soy, flax seed, canola, walnut oil. Fat meat fish (like mackerel, salmon, trout, tuna, sardines, herrings) are richer in omega 3 fatty acids than white meat fish. Omega 6 fatty acids are primarily found in nuts, seeds and vegetal oils, like corn, soy and sunflower oils. Previous studies showed that omega fats intake provides our body with a wide range of benefits, starting with reducing cholesterol levels in our blood. Omega 3 acids act also as anti-inflammatory acids that prevent or treat inflammatory disorders such as psoriasis, rheumatoid arthritis, ulcer colitis and vessel walls inflammations that further lead to the tightening of the arteries. Omega 6 fatty acids are also very beneficial, especially against cardiovascular disease. They work by "cleaning" the walls of the blood vessels, causing them to be more elastic, enhancing blood flux to all organs and areas of the body etc. When it comes to mental health benefits that omega fatty acids provide individuals with, research have shown that omega 3 fatty acids enhance memory and concentration both in individuals and in fetus (when used by pregnant women in their alimentation). The current study was conducted on 21 volunteers with mild cognitive impairment caused by otganic brain lesions or early Alzheimer's disease. Some of the subjects in the study received supplementation with omega3s and omega6s, while others were included in the control group and received a placebo. The follow-up study lasted for 90 days and after this period of time the team tested patients in order to identify the effects omega fatty acids had on their mental health and cognitive function. Overall results showed that the intake of ARA and DHA was extremely beneficial for the volunteers, as their memory, attention and cognitive function considerably improved after 90 days of supplementation. However, no significant effect of essential fatty acids on delay memory was noticed. The team of Japanese researchers concluded: "It is suggested from these data that ARA and DHA supplementation can improve the cognitive dysfunction due to organic brain damages or ageing. DHA might be directly involved in improvements not of the synaptic plasticity and cognitive function, but of the membrane function and regional cerebral blood flow. It is likely that the improvement of cognitive functions after the ARA

supplementation might be due to the improved membrane fluidity that can affect neurogenesis and/or synaptogenesis."