Twitter Thread by CK Eternity

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Omega-3 Research (thread):

I've been discussing omega-3 fats on here more recently, so I wanted to put together a short collection of larger meta-studies on some of their various health benefits

I tried to pick a variety of studies, with as much data in each one as possible, I may add more over time

Omega-3 fats seem to have the most benefits when it comes to reducing chronic inflammation, many mental illnesses like depression, ADHD, and schizophrenia, promoting gut/microbiome health, and preventing neurodegenerative diseases like Alzheimers and dementia

Interestingly, evidence for improvement with cardiovascular disease is more variable than many other issues, though there are many promising studies

The majority of studies with omega-3 fats and cancer seem to generally show benefit, but this also varies in a few studies

Keep in mind that the majority of these studies are done with fish oils rather than whole seafood

Personally I believe that with this taken into account we will likely see much more benefit to health issues using whole seafood as it's PUFA are less likely to be oxidized

Omega-3 fatty acids and the treatment of depression: a review of scientific evidence
https://t.co/O5vnMDhKlt

Effects of Omega-3 Fatty Acids on Immune Cells
https://t.co/8OTtbyj43M

Polyunsaturated Fatty Acids: What is Their Role in Treatment of Psychiatric Disorders?
https://t.co/88vBXRrpdO

Cardiovascular, electrophysiologic, and hematologic effects of omega-3 fatty acids beyond reducing hypertriglyceridemia: as it pertains to the recently published REDUCE-IT trial

https://t.co/QvvrQ3zXuo

Omega-3 Fatty Acids and Neurodegenerative Diseases: New Evidence in Clinical Trials
https://t.co/v3JkTU5NgM\

Omega■3 fatty acids for the primary and secondary prevention of cardiovascular disease
https://t.co/lvXTQjTrhM

Beneficial effects of omega-3 fatty acid supplementation in schizophrenia: possible mechanisms
https://t.co/ijdAfEhOXF

The Effect of Omega-3 Fatty Acids on Rheumatoid Arthritis
https://t.co/neeGuXZr6l

Protective Effects of Omega-3 Fatty Acids in Cancer-Related Complications
https://t.co/rV8uU0dlWu

Association of dietary ω-3 and ω-6 fatty acids intake with cognitive performance in older adults: National Health and nutrition examination Survey (NHANES) 2011–2014
https://t.co/dYkts7Ieq4

Novel insights into the effect of vitamin B12 and omega-3 fatty acids on brain function
https://t.co/bIxXStNDMZ

Dietary Supplementation with Anti-Inflammatory Omega-3 Fatty Acids for Cardiovascular Protection: Help or Hoax?
https://t.co/0qhUC7uRwb

Omega-3 Fatty Acid and Nutrient Deficits in Adverse Neurodevelopment and Childhood Behaviors
https://t.co/bacwhTDSGq

Role of dietary fatty acids in microglial polarization in Alzheimer’s disease
https://t.co/JhxpPa1Hz1

Impact of Omega-3 Fatty Acids on the Gut Microbiota
https://t.co/RZbxhVOl6q