



## **Omega-3 Fatty Acids in Brain and Neurological Health**

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# Omega-3 Fatty Acids in Brain and Neurological Health

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Research has clearly established a link between omega-3 fatty acids and general health, particularly cardiovascular health. *Omega-3 Fatty Acids in Brain and Neurological Health* is the first book to focus exclusively on the role of omega-3 fatty acids on general brain health. The articles in this collection illustrate omega-3 fatty acids' importance in longevity, cognitive impairment, and structure and function of the brain's neurons.

Research has established links between omega-3 fatty acids and the developing brain, aging, dementia, Alzheimer's disease and multiple sclerosis. This book encompasses some of the most recent research, including the role of omega-3 fatty acid supplements on hippocampal neurogenesis, substantia nigra modulation, migraine headaches, the developing brain in animals, sleep, and neurodegenerative diseases. This collection helps to push research forward toward a complete understanding of omega-3 fatty acids' relationship to brain and neurological health.

- The first book-length collection of original research on the connection between omega-3 fatty acids and the brain
- Provides a comprehensive introduction to the state of research on omega-3 fatty acids and the brain and directions for future research
- A foundational collection for neuroscience, neurology, and nutrition research

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