



## The Top 100 Omega-3 Recipes: Reduce Your Risk of Heart Disease, Keep Your Brain Active and Agile

By Penny Doyle, Audrey Deane

Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Top 100 Omega-3 Recipes: Reduce Your Risk of Heart Disease, Keep Your Brain Active and Agile, Penny Doyle, Audrey Deane, The benefits of eating omega-3 fats are now widely recognized. Clinical studies have proven that they help to reduce heart attacks, strokes and relieve the symptoms of rheumatoid arthritis and encourage brain and optical nerve development, particularly in babies and children. In addition, Omega-3s are believed to help a variety of physical and mental conditions, including pregnancy, post-natal depression and PMT, diabetes, ADHD and skin conditions. "The Top 100 Omega-3 Recipes" shows that, in fact, it's not only easy to ensure you get all the omega-3 you need on a daily basis, but you can enjoy mouth-watering, healthy meals too. In each chapter, you'll find a delicious selection of recipes for all the sources of omega-3, including nuts, grains, pulses, oils and seafood. This is the one-stop guide to cooking with omega-3 for the whole family.

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