



Beneficial Effects of Fish Oil on Human Brain

Akhlaq A. Farooqui

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It is becoming increasingly evident that the deficiency of n-3 fatty acids in diet is not only associated with cardiovascular diseases, but also involved in stroke, epilepsy and other neurological and neurodegenerative diseases, such as Alzheimer disease, Parkinson disease, and peroxisomal diseases.

In his newest book, *Beneficial Effects of Fish Oil on Human Brain*, Dr. Akhlaq A. Farooqui expands on the status and therapeutic importance of n-3 fatty acids (major components of fish oil) and their mediators in normal brain and those with neurodegenerative and neuropsychiatric diseases. Farooqui presents the benefits of n-3 fatty acids on Western diet, which is enriched in n-6 fatty acids (major components of vegetable oil) and may promote the above neurological disorders. The book will present readers with cutting edge and comprehensive information on metabolism and roles of neural membrane n-3 fatty acids.

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Playing with family in a very park, coming to see the sea world or hanging out with buddies is thing that usually you have done when you have spare time, subsequently why you don't try factor that really opposite from that. 1 activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love Beneficial Effects of Fish Oil on Human Brain, you could enjoy both. It is very good combination right, you still need to miss it? What kind of hang type is it? Oh seriously its mind hangout folks. What? Still don't get it, oh come on its known as reading friends.

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