



## The Miracles Of Omega 3 For The Heart Overall Health And Wellness

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Concepts of Spring, a health and nutrition company in Elkhart, Indiana, has recently published details on the benefits of omega 3 for the overall health of the heart. They have also used the information from their research to ensure their Spring Vitality Omega 3 supplement contains the right levels of different ingredients to achieve these benefits. The company aims to improve the health of all their customers.

"It is no secret that omega 3 is beneficial for overall health," says Eva Galvez of Concepts of Spring. "However, we wanted to delve slightly deeper into just how these benefits work and use that to align our product to this. We feel we have fully achieved this."

Omega 3 acids are fatty acids that have been shown to be essential to the internal processes of the body. Significant research has now found that it helps to reduce inflammation, which again plays a role in a range of chronic diseases, including cancer, heart disease and arthritis. Additionally, it is known as brain food. What makes omega-3 fats special? They are an integral part of cell membranes throughout the body and affect the function of the cell receptors in these membranes. They provide the starting point for making hormones that regulate blood clotting, contraction and relaxation of artery walls, and inflammation. They also bind to

receptors in cells that regulate genetic function. Likely due to these effects, omega-3 fats have been shown to help prevent heart disease and stroke, may help control lupus, eczema, and rheumatoid arthritis, and may play protective roles in cancer and other conditions.

One of the key reasons why it is important to supplement a diet with Omega 3 and to do so at the right level is because studies have shown that the human diet should consist of balanced levels of Omega 3 and Omega 6. Unfortunately, the processed foods that are now so common in everyday diets have very high levels of Omega 6, which means this balance needs to be restored. The Spring Vitality Omega 3 product is designed to contain the right levels of Omega 3, thereby helping to restore that balance.

Since having been released, the supplement has received numerous positive reviews. "Great product!" says Rachel Martin. "It has done wonders for my focus and my skin and hair!"

Concepts of Spring also encourages all customers to visit their Facebook page. This is an opportunity to find out about special offers, new research and more. Additionally, customers can use this page in order to leave reviews or ask questions about the product.

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For more information about Spring Vitality, contact the company here: Spring Vitality Eva Galvez +1(347) 560 8951 service@conceptsofpring.com Concepts of Spring 25883 N Park Ave Ste 3-500877, Elkhart, Indiana, 46514, USA

## Spring Vitality

*Spring Vitality is a brand of quality Dietary Supplements brought to you by Concepts of Spring. Spring Vitality aims to promote family health and boost wellness through expertly formulated supplements that are safe to ingest for the whole family.*

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