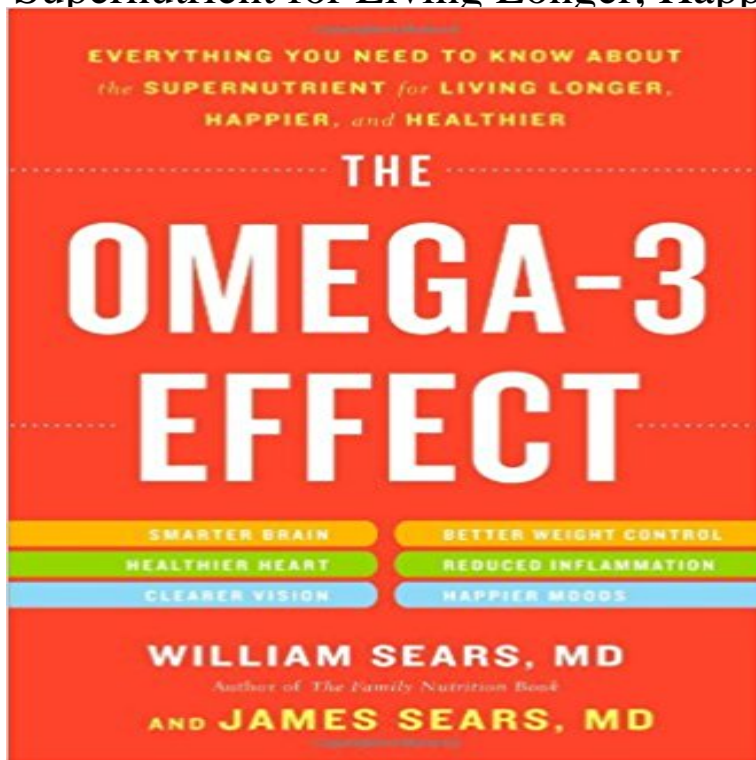


# The Omega-3 Effect: Everything You Need to Know About the Supernutrient for Living Longer, Happier, and Healthier



We all want to live as healthfully as possible. In THE OMEGA-3 EFFECT, Dr. William Sears turns his attention to the critical role that omega-3s play in the body. Dr. Sears takes readers through each body system-including the brain, heart, joints, skin, and immune system-and demonstrates how omega-3s are essential to each. THE OMEGA-3 EFFECT also offers tips on what foods and supplements readers should incorporate into their diet, as well as several delicious recipes. Written in the wise, accessible tone that has made his books long-term bestsellers, Dr. Sears offers a practical and science-based approach to living a more healthful life.

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