

BIPOLAR DISORDER/MANIC DEPRESSION: Yet Another Use for Omega 3's

Centennial—High doses of Omega 3 fatty acids (9.6 grams/day—@5 times the dose I recommend for anti-inflammation) have been shown to be highly-significant in reducing symptoms of bipolar depression over an 8 week course. Both studies used a ratio of 2:1 of EPA to DHA. (Many commercial brands use a 3:2 ratio which doesn't have sufficient quantity of EPA to get the same effect.) This has major implications for patients who have been forced to take psychiatric drugs to stay functional. Both studies were double-blind, placebo-controlled trials, considered the gold standard in research.^{1,2} This high dose was well-tolerated with the only side effect being loose stools in some patients.

The authors of Study #2 commented that patients with depression have significantly *low* amounts of EPA and DHA in their diet as measured throughout their cells. This alters the cell membrane structure at the lowest level, preventing the proper conduction of particles in and out of the cell. This keeps DNA from being controlled properly (then the right hormones don't get turned on/off). By incorporating large amounts of EPA and DHA via supplement, slowly, the cells throughout the body rebuild using the right quality of fat instead of the junky fats usually consumed in the typical American diet.

There may not be enough time to head off the holiday blues by incorporating omega 3's right now. But limiting alcohol and smoking over the holidays can help: smoking and drinking wreck Omega-3 bonds in the cell membranes via oxidation. So the more you drink and smoke, the more Omega-3's you need to equalize the effect on your body at the cell level!

Yours in Health, Dr. Erica

- 1 Stoll, Severus et al Archives of General Psychiatry 56(5):407-12 (1999-05-01)
- 2 Su, Huang, Chiu, Shen European Neuro-psychopharmacology 13 (2003) 267-271