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## SMASH: The Potent Recipe for Increasing Omega 3

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**The acronym SMASH stands for salmon, mackerel, anchovies, sardines and herring. These are the fish that are safest and healthiest to eat. They are nutrient-rich, high in omega-3s, and are low in mercury.**

SMASH fish are all small fish because the larger the fish and the longer its lifespan, the higher its mercury content.

Mercury, in excess, can impair vision, coordination, and speech, and can cause muscle weakness.

Research, including a study published in a 2020 issue of the journal Biomolecules, has associated higher levels of mercury in the brains of patients with Alzheimer's disease.

Here are 5 reasons you should add more SMASH in your life.

- 1:** SMASH fish are high in long-chain Omega-3 fatty acids. These healthy fats are easily absorbed, are high in anti-inflammatory properties, and can help reduce cardiac issues as well as symptoms of autoimmune conditions.
- 2:** SMASH fish are high in selenium and low in mercury.
- 3:** The proteins in SMASH fish are easy to digest.
- 4:** SMASH fish contain iodine. Iodine is difficult to source from other foods, but it's essential for proper thyroid and immune function.
- 5:** SMASH fish are a great source of Vitamin D.

Long story short, start adding some SMASH fish into your diet- the benefits are endless!

The information on this website is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Grisanti and his functional medicine community. Dr. Grisanti encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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