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Natural living is one of the best ways to fight disease. We are constantly bombarded by advertisements for the latest "miracle drug", but many people are not helped by these lab created drugs and some actually get worse. It is always encouraging to see main stream medical publications using natural cures and backing up their effectiveness with studies.

In this case, the effects of omega 3 fatty acids were studied on a mental disease. We know fish oils are healthy and it appears they may also have a healing property. Below is a quick excerpt from the article. Click the link at the bottom to read the whole article.

"The present trial strongly suggests that ω -3 PUFAs may offer a viable prevention and treatment strategy with minimal associated risk in young people at ultra-high risk of psychosis, which should be further explored," G. Paul Amminger, MD, of the Medical University of Vienna in Austria, and co-authors concluded.

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