



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

By William Sears, James Sears



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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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Editorial Review

Review

"Dr. William Sears has the unique gift of being both an excellent physician and a great communicator. In *The Omega-3 Effect*, he offers practical, easy-to-understand yet authoritative advice written with humor, intelligence, insight, and clarity. Dr. Sears is one of the few physicians who actually is well-versed in accurate nutrition information and always is a good resource for putting know-how into practice." *Elizabeth Somer, RD, author of Eat Your Way to Sexy and Food & Mood*

About the Author

William Sears, MD, has practiced pediatrics for more than 40 years, and is an associate clinical professor at the University of California, Irvine, School of Medicine. He is the author of more than 40 books and lives with his wife in southern California. James Sears, MD, is a pediatrician and cohost of the popular TV show *The Doctors*. He also resides in southern California.

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