

How Fish Oil & Omega-3s Can Help Reduce Headaches | Dr. Andrew Huberman

<https://silosolo.com/142666>

Summary

The compound that can reduce the frequency and intensity of headaches is omega three fatty acids. It can help with tension, migraine, and hormone-related headaches. Omega three fatty acids can be sourced from fatty ocean fish and fish oil supplements. Omega six fatty acids, commonly found in seed oils, should be reduced to maintain a better balance. Increasing omega threes and reducing omega sixes is recommended for headache reduction.

Silo sample questions

- What is the compound that can reduce the frequency and intensity of headaches?
- What are the main types of headaches that can be reduced with this compound?
- What are the common food sources of omega three fatty acids?
- What are the common food sources of omega six fatty acids?
- What is the recommended balance between omega three and omega six fatty acids?

Topics

Omega three fatty acids

Headache reduction

Food sources

Omega six fatty acids

Recommended balance

Key Takeaways

- Omega three fatty acids
- Tension type headaches, migraine type headaches, and hormone type headaches related to menstrual cycles
- Fatty ocean fish, such as salmon and anchovies, and fish oil supplements
- Seed oils
- Increasing omega threes and reducing omega sixes

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