

Bel Marra Health Comments on Research That Shows a Direct Link Between Fast Food and Increased Risk of Depression

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Bel Marra Health, well known for offering high-quality, specially formulated vitamins and nutritional supplements, has commented on recent research that shows a direct connection between eating fast food and an increased risk of developing [depression](#).

The research was done by scientists at the University of Las Palmas de Gran Canaria and the University of Granada, and showed that consumers of fast food are 51% more likely to develop depression than those who consume little to no fast food.

The study sample consisted of 8,964 people who were part of the SUN Project (University of Navarra Diet and Lifestyle Tracking Program). Lead author of the study Almudena Sánchez-Villegas, Ph.D. commented that "the subjects had never been diagnosed with depression or taken antidepressants. They were assessed for an average of six months, and during this time, 493 were diagnosed with depression or had started to take antidepressants."

Also shocking is that the research showed those in the study group were not only more likely to show an increased risk of depression, but were also more likely to be single, work more than 45 hours per week, smoke cigarettes and have poor dietary habits overall.

Expert in Pulmonary Medicine, Dr. Victor Marchione says that this isn't the first study of its kind so the results should be taken heed to. He comments, "previous research has shown that there are specific nutrients available that can play a key role in preventing depression. Omega-3 [fatty acids](#) alongside a healthy diet can do wonders when it comes to depression and mood health as a whole."

(SOURCE: "National Institute of Health" Fast-food and commercial baked goods consumption and the risk of depression. April, 2012)

Bel Marra Health, the maker of [Extra Strength Omega-3 Miracle](#), a product designed to encourage good immune system health, also offers quality vitamins and nutritional supplements in formulations designed to address specific health concerns. All ingredients are backed with scientific evidence. Every product is tested for safety, quality, and purity at every stage of the manufacturing process. Furthermore, Bel Marra Health products are produced only in Health Canada approved facilities, going that extra mile to ensure our health conscious customers are getting top quality products. For more information on Bel Marra Health visit <http://www.belmarrahealth.com> or call 1-866-531-0466.

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