

The Benefits Of Fish Oil Continue To Grow!

Omega-3 Fish oil continues to grow in popularity with mounting research to back it; even main stream doctors are recommending this oil to help improve cardiovascular health. The active properties that give fish oil its benefit are docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). Research has demonstrated that these components of fish oil can support the health of the heart, eyes, skin, digestive system, immune system, joints, and the brain.

Omega-3 fish oil was originally discovered by researchers who noticed that a particular group of people had little to no heart disease in all its population. This group of people was the Inuit Indians in Greenland near the North Pole. They consumed high amounts of cold water fish which are rich in DHA and EPA.

Omega-3 fish oil can protect the heart in many ways starting with lowering triglycerides in those who consumed it on a daily basis. Triglycerides are fats that can increase the risk of heart attack, stroke, and dementia. Fish oil can reduce the risk of these as well as lower blood pressure and relax arteries allowing the flow of blood to circulate freely. Also, DHA and EPA have anti-inflammatory properties which may benefit those suffering from inflammatory disorders.

Furthermore, research has been mounting on the importance of DHA in the diet of expecting mothers both for the developing fetus as well as the mothers themselves. DHA is a major component of the brain and other neural tissue including light sensitive cells like the areas in the eyes. Infants that are born premature or still developing in the womb cannot adequately produce DHA in the body so it is critical that mothers consume fish oil on a daily basis for the health of their baby.

DHA is abundant in a mothers breast milk; studies have shown that breast fed babies have an IQ advantage over babies fed formula that lack DHA. Also, mothers who have just given birth can experience postpartum depression because of separation from the baby as well as the over abundance of hormones still flowing through the blood. DHA can ease this form of depression and help mothers move on to the next stage of life, the care of their new born child.

Adults who experience depression, memory loss, dementia, visual problems, and loss of energy may be lacking DHA and EPA in their diet. DHA and EPA are found in high concentrations around the cerebral cortex, mitochondria, synaptosomes, and synaptic vesicle. Supplementation of fish oil may reduce the risk of developing Alzheimer's by as much as 70%. Those who are already experiencing Alzheimer's disease may also benefit even though they have already been diagnosed.

The most important benefits of fish oil may be experienced by those with inflammation issues. Inflammation, clotting, and exaggerated immune responses are seen in heart disease, cancer, arthritis, allergies, asthma, psoriasis and other chronic disorders which maybe linked to a DHA and EPA deficiency.

One may ask why not use another source for essential oils? Why don't other oils work as well such as flaxseed oil or a marine algae source? Flaxseed oil contains the omega-3 alpha linolenic acid but does not contain any DHA or EPA. The cardiovascular and cognitive benefits of fish oil cannot be derived from alpha linolenic acid very well by the body so a direct supplementation of DHA and EPA gives the most benefit. Marine algae does contain DHA and EPA but in smaller amounts thus making one consume more marine algae making this type of product quite a bit more expensive than a pure fish oil supplement.

With all the benefits of fish oil being discovered, everyone with or without health issues can benefit from supplementing once each day with this important oil. If you are considering fish oil, remember that eating some fish will not give you the benefits listed above. One would have to consume 2 ½ - 3lbs of fish each day to reap the benefits of the DHA and EPA found in cold water fish. Consider a fish oil supplement 1000mg once daily. When shopping for fish oil, make sure that you find a fish oil that is pure and free from heavy metals, PCB's and contaminants. Have you had your fish oil supplement today?

About the Author

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