

## Nutritional Wonders - Omega 3 Vs. Omega 6 Fish Oil

There is a hefty battle going on between omega 3 vs. omega 6 fish oil although they contain all the essential necessary fatty acids to promote good health. The distinction between them lies in the fact that omega 3 oils are less available to us than they used to be through foods and omega 6 fatty acids, which used to be less available, are now found in almost every processed food on earth. The trouble is that we as a society consume far too much omega 6 and not near enough omega 3 on a scale ratio of approximately 35:1. The biggest number representing omega 6 and the low number representing the omega 3. Our ancestors of yesterday had a diet with a ratio of 1:1! Now we can clearly see how the fight for balance between omega 3 vs. omega 6 fish oil within the body. The Battle Rages On: Omega 3 Vs. Omega 6 Fish Oil When speaking of sources in the battle of omega 3 vs. omega 6 fish oil products as well, as mentioned above, in foods that we ingest there is a huge imbalance of the essential fatty acids. Of the foods, sources of omega 3 are found in items such as nuts especially walnuts or almonds; broccoli and cauliflower, spinach, brussel sprouts, cabbage, flaxseeds and various types of seafood demonstrate the battle between omega 3 vs. omega 6 fish oil. Fish is extremely high in essential fatty acids and is the best food to obtain these essentials. Fish can pose as a problem and one of the best sources of acquiring omega 3 vs. omega 6 fish oil needs to be examined in how it is processed. While essential that you understand the battle between omega 3 vs. omega 6 fish oil it is of equal importance that you obtain a product that has a pharmaceutical grade on it as this ensures the best product available on the market, from any supplier. Equally important is that the process in which they purify the product to ensure all and any contaminants are removed is called molecular distillation. Any omega 3 fish oil you buy should not be made from raw material that is harvested from polluted waters and if you research clean fish. In research you will find that the best place to collect fish for one of the best sources of omega 3 fish oil is in New Zealand.

## About the Author

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