

Omega 3 Fish Oil- Benefits of Consuming Omega 3 Fish Oil

Omega 3 is a type of fat essential for the overall health of an individual. Omega 3 acids belong to the family of polyunsaturated fatty acids, generally considered to be good fats. Fish oil is a rich source of omega 3 and can be consumed as a dietary supplement to fulfill the needs of essential fatty acids in the body. Omega 3 fish oil is known to provide numerous health benefits including proper growth of body tissues, prevention of heart attack, correct functioning of the nervous system and the excretory system, and fat loss. Natural sources of omega 3 fish oil are oily fish, such as salmon and herring, and some plant oils as well. Fish oil in its pure form is difficult to consume because it doesn't taste that good. Since omega 3 must be consumed by everyone, nutritional supplements in the form of fish oil capsules have been manufactured, which can be easily used by people belonging to all age groups. Omega 3 fish oil provides two very important fatty acids: DHA and EPA. Research has shown that inadequate amounts of these two fatty acids in the body can lead to many serious illnesses, including cancer and Alzheimer's. DHA is responsible for proper functioning of the human brain. There are many physical as well as psychological diseases associated with low levels of DHA in the body. These diseases include bipolar disorder or manic depression, insomnia, short-term memory loss, and Alzheimer's disease. An infant can be genetically deficient of DHA because of DHA-deficient parents, and therefore treatment of this deficiency is very crucial in maintaining long-term health of the child. Intake of omega 3 fish oil or nutritional supplements rich in DHA and EPA fatty acids can prove to be helpful in this regard. This dose should be increased during pregnancy and lactation. In order to ensure proper development of the baby, omega 3 fish oil supplements play a vital role during pregnancy. Abnormal infant growth associated with dangerously low weight, can be prevented by eating fish or taking in other sources of fish oil. Consumption of omega 3 fish oil can also reduce chances of premature birth. Postpartum depression, although very common, is known to be a cause of DHA deficiency in the body. Respiratory disorders such as asthma, heart problems such as angina, cancer (particularly breast cancer) and rheumatoid arthritis can also be treated with supplements rich in omega 3 fatty acids, especially DHA and EPA. The best source for fish oil that is pure, natural, and high in DHA comes from a fish known as the HOKI fish located in the pristine source of New Zealand. One needs to realize that all supplements are not created equal, many supplements have been found to contain harmful toxins and heavy metals. To avoid such problems, one needs to locate a fish oil supplement that has been molecularly distilled. This process removes all toxins and metals from the fish oil making it pure natural fish oil. If a person can contain fish oil from a fish that swims in oceans of low level pollution, this will also give them much better health benefits.

About the Author

Cancer patients have special nutrition needs and issues related to eating. Get information to help maintain your health and cope with treatment.

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