

FISH OIL

FACTSHEET

Fish oil is a very effective nutrient and contains important omega 3 fatty acids that can be absorbed easily. Fish oil contains both docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). There is evidence from multiple studies supporting intake of recommended amounts of DHA and EPA in the form of dietary fish or fish oil supplements lowers triglycerides, reduces the risk of death, heart attack, dangerous abnormal heart rhythms, and strokes in people with known cardiovascular disease, slows the buildup of atherosclerotic plaques (“hardening of the arteries”), and lowers blood pressure slightly. However, high doses may have harmful effects, such as an increased risk of bleeding. Fish oil comes from cold water fish such as mackerel, tuna, salmon, cod and many other fish. It is recommended for a heart healthy diet.

Fish Oil Benefits

- **Less Pain and Inflammation.**

Omega 3 fatty acids have a very positive effect on your inflammatory response. Through several mechanisms, they regulate your body’s inflammation cycle, which prevents and relieves painful conditions like arthritis, prostatitis, cystitis and anything else ending in “itis.”

- **Cardiovascular Health.**

Omega 3 fatty acids have also been proven to work wonders for your heart and the miles and miles of arteries and veins that make up your cardiovascular system. They help to lower cholesterol, triglycerides, LDLs and blood pressure, while at the same time increasing good HDL cholesterol. This adds years to your life expectancy.

- **Protection from Stroke and Heart Attack.**

When plaque builds up on arterial walls and then breaks loose, it causes what’s known as a thrombosis, which is a fancy way of saying clot. If a clot gets stuck in the brain, it causes a stroke and when it plugs an artery, it causes a heart attack. Research shows omega 3 fatty acids break up clots before they can cause any damage.

- **Better Brain Function and Higher Intelligence.**

Pregnant and nursing mothers can have a great impact on the intelligence and happiness of their babies by supplementing with fish oil. For adults, omega 3 improves memory, recall, reasoning and focus.

- **Less Depression and Psychosis.**

Making you smarter is not all omega 3 does for your brain. Psychiatry department researchers at the University of Sheffield, along with many other research studies, found that omega 3 fish oil supplements “alleviate” the symptoms of depression, bipolar and psychosis

- **Lower Incidence of Childhood Disorders.**

Just to show how fish oil fatty acids leave nobody out, studies show that children (and adults) with ADD and ADHD experience a greatly improved quality of life. And those with dyslexia, dyspraxia and compulsive disorders have gotten a new lease on life thanks to omega 3 oils.

- **Reduction of Breast, Colon and Prostate Cancer.**

Omega 3 fish oil has been shown to help prevent three of the most common forms of cancer – breast, colon and prostate. Science tells us that omega 3s accomplish these in three ways. They stop the alteration from a normal healthy cell to a cancerous mass, inhibiting unwanted cellular growth and causing apoptosis, or cellular death, of cancer cells.

References:

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American Heart Association, (2010). In Fish and Omega-3 Fatty Acids. Retrieved June 1, 2010, from <http://www.heart.org/presenter.jhtml?identifier=4632>