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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Does Omega-3 Lowers High Blood Pressure?

By Tiara James

Two Types Of Fats

These two types of fat, omega-3 and omega-6, are both essential for human health. However, the typical American consumes far too many omega-6 fats in their diet while consuming very low levels of omega-3. The ideal ratio of omega-6 to omega-3 fats is 1:1. Our ancestors evolved over millions of years on this ratio. Today, though, our ratio of omega-6 to omega-3 averages from 20:1 to 50:1! That spells serious danger for you, and as is now (finally!) being reported throughout even the mainstream health media, lack of omega-3 from fish oil is one of the most serious health issues plaguing contemporary society. However, we now know that we can get Omega-3 oil from Flax seed. Flax Seed oil contains balanced Omega-3 and Omega-6 oil which is essential for our health!

Why We Need Omega-3 Oil

The fatty acid shifts are particularly pronounced in the cell membrane-bound phospholipid components. These changed profiles alter the physicochemical properties of:

1. Cell membranes and their functioning and
2. Modify cell signaling,
3. Gene expression and biosynthetic processes, and
4. Eicosanoid formations

The eicosanoids formed via oxygenase enzymes acting on AA and EPA include prostaglandins, leukotrienes and thromboxanes.

Where To Get Omega-3 Oil?

Increasing omega-3 fatty acid intake through foods is preferable. However, coronary artery disease patients may not be able to get enough omega-3 by diet alone. These people may want to talk to their doctor about taking a supplement. Supplements also could help people with high triglycerides, who need even larger doses. The availability of high-quality omega-3 fatty acid supplements, free of contaminants, is an important prerequisite to their use. One of the best sources of Omega-3 oil is from Flax Seed. That is right, flax seed oil contains a balanced ratio of Omega-3 and Omega-6 oil.

Does Omega-3 Lowers High Blood Pressure?

Omega-3 Lowers High Blood Pressure

Omega 3 fatty acids are poly-unsaturated fatty acids. Studies show that diet rich in omega 3 fatty acids may help lower triglycerides and increase HDL cholesterol (the Good cholesterol). Omega 3 fatty acids may also act as an anticoagulant to prevent blood from clotting. Several other studies also suggest that these fatty acids may help lower high blood pressure. Therefore, we urge you to find out more about Flax Seed oil and why flax seed oil is the best way of getting you daily does of Omega-3 oil.

Omega-3 Reduces Cardiac Death

The most significant benefit may be in reducing sudden cardiac death. Four of six RCTs found a benefit, one found no benefit, and one found harm, although all six were thought to be poorly designed. Adverse events from fish oil and ALA supplementation appear to be minor.

With so many undisputed benefits of Omega-3 Oil, we do urge you to find out more about Omega-3 and where you can get it. Many researches has confirmed that the best source of Omega-3 oil is from Flax Seeds. That is right, Flax Seed Oil contains balanced Omega-3 and Omega-6!

Does

<http://www.flaxseedfitness.com>

? Does

<http://www.flaxseedfitness.com/articles/index.html>

Prevent

Cancer too? Find out more on how flax seed can make you lead a healthier life today!

Using Blood Pressure Monitors To Maintain Your Health

By Mike Yeager

Many people today realize the importance of keeping their blood pressure under control. Blood pressure monitors are now available for home use. It's a piece of medical equipment that can provide both you and your health care provider with an accurate measure of how your blood pressure is responding to diet, exercise and medication. Many medical supplies outlets offer blood pressure monitors that are simple and easy to use.

For some people the thought of going to their Dr.'s office for a blood pressure reading is enough to send their pressure through the roof. That's one of the advantages of having your own blood pressure cuff right in their own home. They can use the blood pressure cuff at their own convenience and get a more accurate reading.

Does Omega-3 Lowers High Blood Pressure?

High blood pressure can be caused by many different factors such as weight, diet and heredity. If you have an elevated pressure then having your own blood pressure monitors available can be very important.

Mike Yeager
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Using Blood Pressure Monitors To Maintain Your Health

Can Flaxseed Reduce Blood Clots?

Flaxseed Essentials

Can Flax Seed To Help You Reduce Cholesterol Naturally?

How To Reduce Blood Pressure Symptoms

How To Improve Blood Circulation

Use and Abuse of Steroids

How To Overcome Snoring and Sleep Apnea

How To FINALLY Stop Smoking...Once and For All!

Recipes from the Heartland



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