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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!

Fish Oil – It's Health Benefits & Risks

By John H. Rogers

As the name implies, fish oil is oil that is removed from the tissues of oily fish and is often

recommended as part of a healthy diet program. Many nutritionists recommend that individuals eat fish at least once a week, but emphasis must be placed on the importance of avoiding fish that contain certain harmful contaminants. In avoiding predatory fish, such as sharks and others, individuals will prevent the consumption of unhealthy substances which can accumulate due to the fish's predatory lifestyle.

The benefits of fish oil are thought to be many, including a number of experts who believe that its consumption can help to regulate cholesterol. This problem affects many individuals and, if left untreated, can lead to more serious complications. The liver of fish, however, may contain dangerous levels of Vitamin A.

According to the American Heart Association, daily consumption of the proper amount of fish oil can be beneficial for patients suffering from coronary heart disease. In addition, the United States National Institute of Health recommends fish oil for the prevention of cardiovascular disease and high blood pressure. Once again, the institute reiterates the fact that high levels of omega-3 fatty acid intake may increase the risk of dangerous side effects, including a stroke.

In September 2005, Louisiana State University conducted a study that resulted in findings to support a theory that fish oil may prevent the brain from developing cognitive problems that are associated with Alzheimer's Disease. This illness, which is common among the elderly, causes an individual to gradually lose his/her memory.

Apart from consuming fish on a daily basis, fish oil is available as dietary supplements and can be purchased at many locations. In certain cases, fish oil may require a doctor's prescription if the product is of pharmaceutical quality. It is important that individuals read the label and/or instructions carefully before using any medication and/or dietary supplement, including fish oil. It is also equally important that individuals inform their doctor of any current health problems and/or medications for which they are currently taking.

This article is to be used for informational purposes only and is not intended to be used as professional medical advice. The information contained herein should not be used in place of, or in conjunction with, a doctor's recommendation . Prior to beginning any treatment regimen, including one that involves the use of fish oil, an individual who develops an illness of any type should consult a licensed physician for proper diagnosis and treatment.

To find out more about fish oil, please visit our website at

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of free fish oil articles, resources and tips.

The Benefits of Fish Oil and Omega–3 fatty acids

By Aaron Wilmot

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According to renowned research scientist Dr. Barry Sears, Medical Research is focusing more and more on the health benefits of high dose fish oil, which has long been considered by doctors around the world to be one of the most effective remedies for improving physical performance, treating depression and arthritis, and improving concentration and memory. Fish oil is also widely considered to be effective in preventing heart disease because of it's rich omega–3 component. In addition, new research suggests that high doses of fish oil may also be effective in combating Parkinson's disease, Attention deficit disorder, and other Neurological problems.

Fish oil has been linked to disease prevention. The US National Institutes of Health has also Recognized the benefits of DHA and EPA and has published Recommended Daily Intakes of fatty acids. They recommend a daily intake of 650 mg of DHA and EPA, and 4.44 g/day of linoleic acid. Researchers at Harvard Medical School have used high doses of fish oil to treat bipolar disorder, with considerable success. In addition, researchers in the United Kingdom have reported positive results in treating schizophrenia with fish oil supplements. Current medical research is also focusing on the use of high doses of fish oil during radiation treatment and chemotherapy, as well as for treating Fibromyalgia.

On the whole, there appears to be consensus that Omega–3 polyunsaturated fatty acids in fish oil promotes a healthy vascular system. Fish oil contains EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), both of which are omega–3 fatty acids. These particular omega–3 fatty acids may inhibit the progression of atherosclerosis.

Essential fatty acids are grouped into two families, omega–6 EFAs and the omega–3 EFAs. Omega–6 acids promote inflammation, blood clotting, and tumor growth, while omega–3 acids, found in fish oil and very few other sources, act entirely opposite, according to researcher Hans R. Larsen, MSc ChE.

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According to Larsen, Scientists were first alerted to the many benefits of EPA and DHA in the early 1970s when Danish physicians observed that Greenland Eskimos had an exceptionally low incidence of heart disease and arthritis despite the fact that they consumed a high-fat diet. Subsequent research later discovered that the two fats or oils that they consumed in considerable quantities, EPA and DHA, were indeed very beneficial.

Dr. Sears states that the purity of the fish oil is the single most important factor to consider when taking it as a supplement. To manufacture pharmaceutical-grade fish oil requires extensive purification. In fact, it takes 100 gallons of health-food grade fish oil to make one gallon pharmaceutical-grade fish oil. It should be known by anyone taking fish oil supplements, that there are several medications which may have beneficial or harmful interactions with them. They are Cyclosporine, Pravastatin and Simvastatin.

Aaron Wilmot is a writer, researcher and editor of human and pet nutrition. To learn more go to <http://www.healthypetnet.com/aaronw>



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