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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!**

**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 its 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.

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>

### **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

## The Benefits of Fish Oil and Omega-3 fatty acids

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.

### 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

? Does

Prevent

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



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