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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!

What Can A Little Fish Each Day Do For You?

By Judi Singleton

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Supplementing with omega-3 oils – rich in EPA & DHA – have been found

to keep blood free flowing, vessels flexible and help protect people

from heart attacks.

But superior heart health isn't all that fish oil can do for you.

There's much much more! Omega-3 supplements, high in EPA and DHA, can

help people with depression, PMS, arthritis and other inflammations,

such as migraines. They're also important during pregnancy, nursing and

infancy when a baby's eyes, nerves and brain are developing.

If you're using omega-3 without EPA and DHA, you're wasting your

money. For example, you'll probably be surprised to find out that

although flaxseed has omega-3 oils, there is no EPA or DHA in it.

Fats from fish (salmon, trout, cod, halibut), sesame seeds, flaxseed or

soybeans improve most skin conditions including psoriasis.

Supplementation of the diet with flax seed oil, evening primrose oil or

fish oils is recommended. Cod liver oil or salmon oil capsules are more

palatable for those with less enthusiastic appetites for fish. These

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high essential fatty acid foods interfere with the body's production of inflammatory chemicals, the ones causing psoriasis lesions to swell and turn red.

Specific therapeutic foods for controlling asthma are:

Omega-3 and omega-6 fatty acids: vegetable, nut, seed oils, salmon,

herring, mackerel, sardines, walnuts, flaxseed oil, evening primrose

oil, black currant oil. Take at least 1 T of one of raw oils daily to

minimize bronchial inflammation.

Warning. Eating farm raised salmon.

When you eat a farm-raised fish, you are nearly eating the same type of

meal as eating beef. The fat content of the fish can be no different

from what they are fed.

Farm raised fish are fed corn meal, soy and canola oil. When the fish

are fed these foods, the concentration of their fats turns far away

from the ideal, beneficial 3:1 omega-6 to omega-3 ratio to a ratio far

closer to the 20:1 found in commercially-raised beef.

Several weeks ago the FDA agreed with the EPA and now recommends that

all pregnant women avoid fish as up to 10 percent of them have high

enough mercury levels to cause neurodevelopmental defects in their

children. So fish oils are the next best alternative. Although some of

them are old fish and even the inners are squeezed for the oil so be

sure you know where the fish oil comes from.

So make salmon a part of your diet at least this month buy Copper River wild salmon from Alaska then go back to taking salmon oil capsules and

eating canned salmon for the rest of the year. Avoid fish that are more likely to contain mercury

What Can A Little Fish Each Day Do For You?

including swordfish, shark, tuna, king mackerel and lobster. Limit canned tuna, and if you're not sure about a fish, don't eat it. Shop in conscientious markets that include sustainability in their mission. Talk to the fish guy or gal; find out where their fish comes from and what their policies are. At least that is what I got out of all I read this month on salmon and fish oil supplements.

References

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by James McNair, Patricia Brabant

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Food As Medicine: How to Use Diet, Vitamins, Juices, and Herbs for a

Healthier, Happier, and Longer Life

by Dharma Singh Khalsa

Four Seasons of Inner and Outer Beauty : Rituals and Recipes for

Wellbeing Throughout the Year

by Peggy Wynne Borgman

Beyond the 120 Year Diet : How to Double Your Vital Years

by Roy L., M.D. Walford

An absolute must-read is Multiple Sclerosis – a self-help guide to its

management by Judy Graham

About the Author: Judi Singleton is the publisher of Jassmine's Journal for only \$60 a year you can have all eight lists delivered daily to your email box. To subscribe go to <http://www.motherearthpublishing.com>

Maintaining your Fish Bowls

By Mike Yeager

Maintaining your fish bowl can be difficult sometimes. However, your fish bowl should be kept as hygienic as possible. Doing so should help prevent any health care problems for your fish. When you are cleaning your fish bowl, do it as quickly as possible, because it is dangerous for your fish to be out of its fish bowl. Only clean your fish bowl with a cleaner that is safe for your fish. Also, be sure to let the water return to whatever temperature is right for your fish before you put your fish back in its fish bowl. Make sure that any special equipment that your fish bowl has is working properly before you put it back in the fish bowl. If you maintain your fish bowl properly, you will be able to fully enjoy your pet fish.

What Can A Little Fish Each Day Do For You?

Fish bowls are the single most important factor in your fishes happiness and health. No other decision you make as a fish owner will be as important as what fish bowl you get for your fish. Therefore, it is critical to choose the fish bowl that is right for your fish. Consider what type of fish you have when you buy a fish bowl. Some types of fishes require larger fish bowls than others. Also take into consideration any special needs that your fish might have. For example, some fish bowls are built for only fresh water fish. Others are built to provide warmth for your fish. If you are unsure of what kind of fish bowl to buy, consult your veterinarian. Also be aware that a fish bowl that is suitable for one fish may be too crowded for more than one fish.

Mike Yeager
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Maintaining your Fish Bowls

Finally, You've Caught The Perfect Fish. Now, Do You Know How To Fillet Your Fish?

Providing The Best Care For Your Goldfish

Some Of The Best All Year-round Aquarium Tips

Aquarium Ornament

Complete Library Of Cooking

1000 Atkins Diet Recipes

101 Recipes For The Deep Fryer

Handywoman's Home Repairs

Traffic Explosion



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