

## A Guide to Fish Oil Omega 3

Found primarily in fish oil omega 3 fatty acids are an important part of a healthy diet plan. Omega 3 fatty acids are important for healthy brain function, healthy heart function, healthy joint function and the healthy function of every system of the body. The body uses omega 3 fatty acids to create eicosanoids which control cell division and growth throughout the body. The fish oil omega 3 fatty acids are the most easily used by the body. The body does not produce them on its own. Scientists originally began to study fish oil omega 3, because of the marked absence of coronary heart disease among Eskimos. Previously it was thought that a diet so rich in fat would lead to a greater incidence of atherosclerosis. This is when the whole good fat, bad fat debate began. The Eskimos diet was found to be rich in fatty fish like salmon as opposed to the common western diet which may be rich in fatty beef, chicken or other meats that do not contain omega 3s. It was found that fish oil omega 3 lower triglyceride levels in the blood stream. High levels of triglycerides and cholesterol levels often lead to heart disease. Most doctors say that a balance of omega 6 and fish oil omega 3 fatty acids is important, but the average Western diet provides much more than adequate amounts of omega 6. Unless one consumes large quantities of fish (which has become a questionable practice because of mercury in our oceans) and large amounts of leafy greens, the average diet cannot provide adequate amounts of omega 3. Purified fish oil when added to a healthy diet should provide the benefits of omega 3 and still maintain a balance with omega 6. The optimal ratio is believed to be 1:1, but the typical Western diet has a ratio of 20:1 with 20 being way too much Omega 6's in the diet. Many natural health experts argue this is going to cause a looming health disaster for millions of people. There are a couple of things to consider when purchasing fish oil omega 3 supplements. First, make sure that the supplement company uses purified or pharmaceutical grade fish oil, because mercury levels in some oceans are high enough to cause toxic effects in people who eat the fish themselves. A fish oil omega 3 supplement that has been molecularly distilled will not contain mercury or other toxins. Lastly, the fish oil supplement should contain both DHA and EPA fatty acids in order to provide optimum health benefits. It should be higher in DHA because that is the more important of the two, but most fish oils on the market have less DHA.

## About the Author

Yet, today, the commercially prepared dog foods made from a fixed formula of ingredients and preparation methods provides Buster with a balanced.

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