

Omega 3 Oils - The Composition Of Omega 3 Oils And Why They Are Important for Long Term Health

Fish oil is a natural and rich source of omega 3 fatty acids. Fish oils, commonly known as omega 3 oils, provide essential fatty acids in the form of DHA and EPA. Both these nutrients are not found in adequate amounts in our body, mainly due to genetic deficiencies and improper or inadequate diet. In order to address this deficiency, doctors recommend either directly drinking fish oil in its pure form or using omega 3 oils in the form of capsules available on the market as supplements. DHA and EPA are important for the prevention of so many diseases that it's difficult to mention them all here. These diseases are very common among men and women alike. The most notable of these diseases are cancer, mental illnesses (mainly psychological including postpartum depression), arthritis, coronary heart disease, respiratory problems (especially asthma), complicated pregnancies, abnormal infant growth, premature birth, improper functioning of the nervous system, and problems related to the stomach and the digestive system. Omega 3 oils are becoming increasingly popular among people because they are easy to intake and provide long-term nutritional benefits. As a rule of thumb, keep in mind that omega 3 fatty acids reduce swelling throughout the body. Oily fish like herring, salmon, trout and tuna are high in omega 3 oils. In addition to essential fatty acids, pure fish oil also contains some levels of toxic substances like mercury, and high levels of vitamin A and D. Because of this reason, it's very important to consider how the fish oil you are about to consume was processed and whether it conforms to the rules of the Food Standards Agency in the UK or not. For this purpose, always find a supplement product that has been molecularly distilled and made from pharmaceutical grade fish oil. The human body is incapable of producing DHA and EPA itself. However, alpha linolenic acid (ALA), which is found in fish oil and some plant oils as well such as canola and flax seed, can be used by the body to manufacture other fatty acids important for long-term health. In order to ensure adequate amounts of all these nutrients in the body, omega 3 oils supplement products should be consumed. However, these supplements should be used with care since overdose may have many harmful side effects associated with it. Especially, people with diabetes and high blood pressure need to be extra cautious with too much intake of DHA and EPA to ensure proper health and well-being.

About the Author

A nutritional approach to infertility and miscarriage. Endorsed by Harvard Medical School doctors and infertility specialists.

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