

Why should you take fish oil supplements?

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We've all heard it before. Fish is brain food.

It is wise to eat fatty fish such as salmon and tuna, mackerel, herring and sardines at least 2-3 times weekly. These foods are a rich source of omega-3 fatty acids which have many health benefits. However, given most of us find it difficult to eat seafood so regularly, and there are often questions around the source of our seafood (is it sustainably sourced? is it free from any toxic residue, or farmed in unhealthy waters?)... supplementation is recommended.

At clinic I offer Therapeutic Grade fish oil capsules or liquid fish oil. These are certified safe by Friends of the Sea, are sustainably sourced, free of excipients, and offer TGA approved levels of the active constituents EPA and DHA - for your optimal well-being.

I prefer liquid supplementation - which offers the value of up to 6 capsules in just 1 tsp of oil taken daily. Whatever your choice fish oil may assist in the prevention of:

- * Heart attacks - a healthy fatty-acid balance in the body can reportedly reduce the risk of heart attacks by one third
- * Clogged arteries - consumers of fatty fish tend to have less atherosclerosis
- * High blood pressure - fish oil consumption eliminates or reduces the need for and level of dosage of medication, particularly when in conjunction with a balanced diet and moderate exercise
- * Ulcerative colitis - eating fish oil daily has been shown to decrease inflammatory bowel disease by up to 50 per cent
- * Inflammatory skin problems - fish oil reduces the itchiness, redness and pain of psoriasis and may assist in reducing the need for pharmaceutical treatments
- * Other inflammatory conditions - asthma and migraine attacks are likely to be less severe and frequent in incidence with a healthy omega-3 intake.

references supplied on request