

## **SUPPLEMENTING FOR MAXIMUM BENEFITS WITH FISH OIL**

Fish Oil (source of Omega 3 essential fatty acids, EFA's) is one of the most widely accepted, recommended and beneficial supplements available today. It plays a major role in "Deflaming" the body as discussed in the previous article (available on our website). Some of the many health benefits of taking fish oil are: decreasing the risk of heart attack and cardiovascular disease, lowering LDL cholesterol and reducing triglycerides, treating chronic pain and swelling, decreasing inflammation within our body and joints, helpful with Alzheimer's and dementia and the preservation of brain function, improved immune system function, decrease seasonal allergy symptoms, decrease risk of stroke and decrease incidence of prostate cancer. These, plus more on the health benefits of Fish Oil will be hopefully discussed in a future article. In this article I will be discussing what to look for when purchasing Fish Oil (Omega 3 EFA) supplements.

First off, all Fish Oils are not created equal. What milligrams it shows on the front of the bottle – 1000mg, 1200mg, 1500mg of fish oil is of little value to you. Fish Oil is suppose to contain two highly unsaturated and essential fatty acids. The first is Eicosapentaenoic Acid (EPA) and the second is Docosahexanoic Acid (DHA). These EFA's influence a wide variety of cellular functions (discussed in a future article). When purchasing Fish Oil or an Omega 3 supplement you want to verify the amount of DHA and EPA that is concentrated in each gel capsule or in each teaspoon, if it is in liquid form. This info will be found on the back of the bottle under "supplement facts." The recommended minimum for each is 1600mg of EPA per day and 800mg of DHA per day. For example, if it states that there is 100mg of EPA and 50mg of DHA in each capsule, you will need to take 16 capsules per day to get the recommended amount and you will probably "smell fishy" from taking so much. If it states that the amounts of EPA and DHA have not been determined, find another brand. Your ultimate goal is to maximize the benefit without having to take excessive amounts of the product. I personally prefer the highly concentrated, flavored liquids, which give you the recommended DHA and EPA with one to two teaspoons. If you prefer the gel caps get the highly concentrated ones. Some people have stomach upset with taking the capsules, this can usually be overcome by taking the capsules frozen. Follow these simple suggestions and you should be one more step in the right direction on the road to wellness. More info and past articles can be found on our website.

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