

THE HEALTH BENEFITS OF FISH OILS

By Dr. Cathy

Dr. Franklin uses and recommends to her patients, high quality, molecularly distilled fish oils to her patients. Please read below her article on the numerous health benefits of taking Fish Oils and eating fish!

Fish Oil Health Benefits **are numerous, and based on hundreds of clinical studies.**

The mainstream medical community first discovered the health benefits of omega-3 fatty acids in the 1970s, when physicians became aware of the exceptional health of Greenland Eskimos. Scientists observed that the Eskimos consumed a high-fat diet, based primarily on fish. In spite of this, they enjoyed a low incidence of heart disease, rheumatoid arthritis, diabetes, and other debilitating health conditions related to inflammation.

Medical research soon revealed that two of the omega-3 essential fatty acids that comprised much of the Eskimo's diet actually possessed beneficial health properties. These fatty acids are DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid).

Over the course of extensive studies, DHA and EPA have been shown to exhibit powerful **anti-inflammatory effects.**

Fish oil's ability to prevent or reduce inflammation is one of the main reasons it is so helpful in combating a number of health problems. But cardiovascular disease, arthritis, diabetes, gout, inflammatory bowel disease, and high blood pressure are just a few medical problems that regular omega-3 supplementation can help to prevent.

Fish oil benefits also extend to preventing allergies, improving brain function, boosting skin health, optimizing vision, fighting certain cancers, and much more.

Let's examine these areas in more detail ...

The Numerous Health Benefits of Deep Sea Fish Oil

Allergies

Omega-3 fatty acids guard against the symptoms of a number of allergies. Occurrences of hay fever, sinus infections, asthma, hives, and eczema all can be reduced through a regular intake of fish oil supplements high in DHA and EPA.

All of this is possible because these omega-3 nutrients combat inflammation. Consider an asthma attack for example – a restriction of breathing due to airway narrowing. Studies have shown that omega-3 essential fatty acids, by reducing inflammation, can dramatically decrease the extent of this airway constriction.

Also, allergies tend to be caused by an overreaction of the body's immune system. Omega-3s have been demonstrated to produce a calming effect on the immune system, lessening the severity of the allergic response.

Studies also indicate that omega-3 fatty acid intake by pregnant mothers may protect children against the development of allergies later in life.



Arthritis and Gout

Millions of people across the world – about 2% – suffer from rheumatoid arthritis (RA). The affliction is three times more common among women than among men. An individual can succumb to RA at any age. RA produces inflammation of joint tissues. The primary symptoms: swelling of the affected joints, morning stiffness, and fatigue.

Omega-3 fatty acids are proven to alleviate the aches and stiffness associated with RA, and other inflammatory forms of arthritis, such as psoriasis, and gout. This is because EPA and DHA, the key omega-3 nutrients in deep sea fish oil, effectively work to decrease the amount of compounds that cause inflammation.

Brain Function

Fish oil benefits brain function in several key areas:

Depression: Individuals with depression can enjoy improved mood with fish oil supplementation. A low level of omega-3 fatty acids in the blood (DHA, especially) has been linked to depression and mood swings. Why? Because approximately 60% of the brain is comprised of fats. Of this percentage, about half is DHA, which is why you'll often hear DHA referred to as "brain food." Your body needs it for proper membrane and nerve cell function. The benefits of fish oil are so powerful in this respect that anyone suffering depression may want to consider supplementation before agreeing to take prescription drugs with questionable side effects.

Aggression: A clinical study of teens has revealed that DHA consumption can produce lower rates of aggressive behavior. Aggression, beyond causing obvious social problems, is also a precursor to the manifestation of heart disease later in life.

Attention Deficit-Hyperactivity Disorder (ADHD): Much like other mood disorders, individuals suffering from ADHD can benefit from fish oil. According to research, ADHD is linked to low levels of the omega-3 fatty acids needed for healthy central nervous system function. Fish oil supplements are a natural means to address this imbalance.

Memory, learning, and Alzheimer's Disease: Research suggests that DHA is linked to a lowered risk of developing Alzheimer's disease. DHA can protect the brain and nervous system from age-related degeneration. DHA has also been shown to enhance memory and learning acuity. In fact, recent research suggests that mothers who take DHA-fortified supplements during pregnancy and lactation may boost the IQ of their children.

Cholesterol

A high level of low-density lipoprotein (LDL) cholesterol combined with a low level of high-density lipoprotein (HDL) cholesterol is a key risk factor for cardiovascular disease. Fish oil supplements loaded with potent amounts of EPA and DHA have been proven effective in lowering the blood level of LDL-cholesterol (the "bad" cholesterol), but the ratio of HDL-cholesterol (the "good" one) to LDL remains constant.

Another fish oil benefit? Lower levels of triglycerides (fat particles) which, in association with LDL cholesterol, increase the risk of heart disease.



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Heart Health

Heart disease is, of course, a major health issue. Omega-3 fatty acids (DHA and EPA) have been shown in many clinical studies to benefit heart health. To combat the rising trend of cardiovascular disease, the American Heart Association recommends that everyone consume adequate amounts of fish. The AHA suggests two servings a week for healthy persons, and a daily serving of 900mg of omega-3 fatty acids for persons with heart disease.

As discussed throughout this web site, the optimal method to get the recommended intake of omega-3s is to use a quality fish oil supplement. This is, for many of us, more practical and effective than eating fish.

Hypertension (High blood pressure): Omega-3 fatty acids have been proven to lower mild hypertension when it caused by cardiovascular disease. It also prevents atherosclerosis, the hardening of the artery walls.

Anti-clotting benefits: Fish oil helps avoid thrombosis (blood clots). It prevents platelets, the most minute cells in the blood, from massing together and forming clots.

Heart irregularities: According to research, DHA may lower heart rates and prevent arrhythmia, minimizing the possibility of sudden heart attacks.

Circulatory issues: Fish oil benefits circulatory problems such as varicose veins and Raynaud's disease. Omega-3 fatty acids improve blood circulation and help to break down fibrin, a compound that causes clots and scars.

Diabetes

According to medical research, diabetics experiencing non-insulin dependent diabetes or type II diabetes benefit from fish oil supplements. Individuals who consume adequate amounts of omega-3s have reduced insulin resistance.

Fish oil may also enhance insulin secretion from the pancreas, helping to regulate blood sugar levels.

Cancer

The regular consumption of omega-3 fatty acids has been shown to strengthen the body's immune function. Research has linked intake of fish oil to a lowered risk of breast cancer and prostate cancer.

Inflammatory Bowel Disease (IBS)

The benefits of fish oil extend to intestinal health. Because of its powerful anti-inflammatory properties, fish oil can alleviate the symptoms of inflammatory bowel disease, ulcerative colitis, and Crohn's disease.



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Skin

Skin disorders such as psoriasis and acne have been shown to improve from fish oil supplementation. Individuals with acne and psoriasis have a much higher level of inflammation-causing compounds in their blood, leading to acne breakouts and the itching, scaling, and skin flushing associated with psoriasis.

Omega-3 fatty acids can stifle the production of these harmful inflammatory compounds. By reducing inflammation, fish oil benefits the health and appearance of the skin.

Vision

Fish oil intake is connected to a reduced risk of age-related macular degeneration, a condition which is the leading cause of severe visual loss in individuals over age 50. The macula is the central area in the retina. It's essential for activities that require focus, such as reading, and driving.

Omega-3 fatty acids comprise a key element of the material in the retina. By keeping this material intact and healthy as we age, fish oil intake may enhance focus, color, perception, and clarity.

Women's Health

Fish oil benefits include a lowered risk for cardiovascular disease and osteoporosis in post-menopausal women. Additionally, symptoms such as menstrual pain and cramping may be lessened with omega-3 supplementation. The body converts DHA and EPA into pain-relieving substances (prostaglandins type-3), which control the contractions of the uterus.



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