

Health Minute

Are you taking your fish oil?

The health benefits of fish oil include its ability to aid in heart diseases, high cholesterol, weight loss, depression, anxiety, ADHD, immunity, cancer, pregnancy, diabetes, inflammation, arthritis, Alzheimer's disease, eye disorders, macular degeneration, skin care, psoriasis, and many more. Most of the health benefits of fish oil can be attributed to the Omega-3 essential fatty acids EPA and DHA. The types of fish containing this healthy oil include mackerel, halibut, herring, sardines, tuna, anchovies, and salmon. That is a lot of fish to eat which is why so many people are looking to high quality fish oil supplements such as Arctic Fresh to get their daily dose. If you aren't taking your fish oil yet, think of all of the good things it can do for your health!



Heart Benefits of Fish Oil

Reduces the incidence of cardiovascular disease
 Reduces frequency of abnormal heart rhythms
 Stabilizes and lowers LDL-C (bad) cholesterol while increasing HDL-C (good) cholesterol
 Reduces triglycerides
 Prevent atherosclerosis (hardening of the arteries)

Other benefits of fish oil

Reduces inflammation in blood and tissues
 Can reduce the amount of pain medication in arthritis sufferers
 Helps mood and helps antidepressant medications work better
 Protects the brain and may prevent Alzheimer's disease