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Health Benefits Of Omega-3

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Omega-3 fatty acids have been tested and proven to have many different health benefits for men and women. They have been proven to help improve over all heart health by improving several aspects that make up a healthy heart.

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Scientists discovered the positive effects of the omega-3 fatty acids in the 1980s. Studies showed that most patients who took the omega-3 fatty acids had better heart health. These studies led to an omega-3 craze that has lasted until now. The health benefits of the omega-3 fatty acids were undeniable.

The omega-3 fatty acids have been proven to lower triglycerides which is the bad cholesterol. It has also been thought to be a blood thinner that will help decrease blood clots in some patients. These fatty acids have also been thought to help lower blood pressure.

Anyone interested in a healthier heart should take the omega-3 benefits into consideration. Everyone knows that healthy heart is essential for good over all health. The heart keeps the blood flowing all the time throughout the entire body. This is essential for good circulation and thus keeps the extremities functioning and in good health as well.

The omega-3 fatty acids are found in a variety of fish, green leafy vegetables, soy, tofu, different nuts and a variety of cooking oils. Some studies have found that liver cod oil could be linked to prostate cancer in men. This is the only adverse side effect that has been linked to any type of omega-3 fatty acid during the course of the studies.

There are 8 different members of the omega-3 family. There are very few supplements that include all 8 of these members; however it has not been proven that there is any member that is significantly better than the other. Each

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member is helpful in the area of heart health.

Some studies have even indicated an increase in memory function due to omega-3 fatty acids. This family of fatty acids has been linked to more than just heart health. Patients have shown improved joint health as well as improvement in patients with a history of migraines.

Omega-3 fatty acids have many health benefits. In spite of the major scare due to the amount of mercury in fish, they are not the only source for these fatty acids. They are in a variety of sources and are beneficial in almost every way. Some have even called the omega-3 fatty acids the “miracle food of the 21st century”.

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