University Study Concludes that Omega-3 Fats are Potentially Beneficial For Heart Health

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Orlando, FL? January 19, 2016 ? Heart-related ailments are believed to be among the most common reasons why the mortality rates are rising in many areas around the world. The good news is that many types of heart diseases are preventable through exercise and having a healthy diet.

According to health experts from the University of Maryland Medical Center identified that ?Research shows that omega-3 fatty acids reduce inflammation and may help lower risk of chronic diseases such as heart disease, cancer, and arthritis.? The research and case study explains that Fish oil has the potential to reduce a number of heart conditions. Furthermore the study went on to explain that Clinical evidence suggests that EPA and DHA (eicosapentaenoic acid and docosahexaenoic acid), the two omega-3 fatty acids found in fish oil help reduce risk factors for heart disease, including high cholesterol and high blood pressure.?

Increasing one's intake of Omega 3 fatty acids can be very simple. The American Heart Association reveals that increased consumption of omega-3 fats can be highly beneficial for heart health. Omega-3 fatty acids can be found in fish such as tuna, lake trout, herring, halibut, mackerel, and sardines. However, it can also be consumed through supplementation.

?Today, fish oil supplements are already available, and they are ideal for individuals who want to consume omega-3 fats, but do not like eating fish on a daily basis,? said VitaBreeze Supplements spokesperson, Michelle O?Sullivan.

Fish should be eaten twice a week. Omega-3 fats are healthy fats necessary for the proper functioning of the body and maintenance of overall human health. While these healthy fats are essential, they cannot be naturally produced by the body.

There are other sources of omega-3 fats such as krills, algae, nut oils, and some plants. These health fats help in the normal growth, function, and development of the brain. It has also been a very popular natural remedy for the prevention of heart disease.

Research reveals that omega-3s have the ability to reduce inflammation and the risk of chronic ailments such as arthritis, heart disease, and cancer. In some studies, it was found that pregnant women who do not consume enough amounts of omega-3 fats are more likely to have infants who are at high risk of developing nerve and vision problems.

There are symptoms associated with deficiency of omega-3 fats in the body. Among these symptoms are heart problems, poor memory, dry skin, fatigue, mood swings, depression, and poor circulation. According to experts, the ratio or omega-3 and omega-6 fats in the body should be maintained equal to avoid inflammation.

The bad news is that in the United States, the ratio of omega-6 and omega-3 fats are not balanced, the former being more dominant. Experts recommend the Mediterranean diet to achieve balance of the ratio of omega-3 and omega-6 fats.

Individuals who want to take advantage of the therapeutic benefits ofomega-3 fats may use fish oil supplements. These supplements are believed to be concentrated with high omega-3 fatty acids. Herbal manufacturers also use a process that eliminates the heavy metals and environmental pollutants found in fish. This makes using fish oil supplements more beneficial than eating fish on a daily basis (amazon.com/Omega-Fish-Oil-Supplement-Softgels/dp/B00O8NS20K).

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