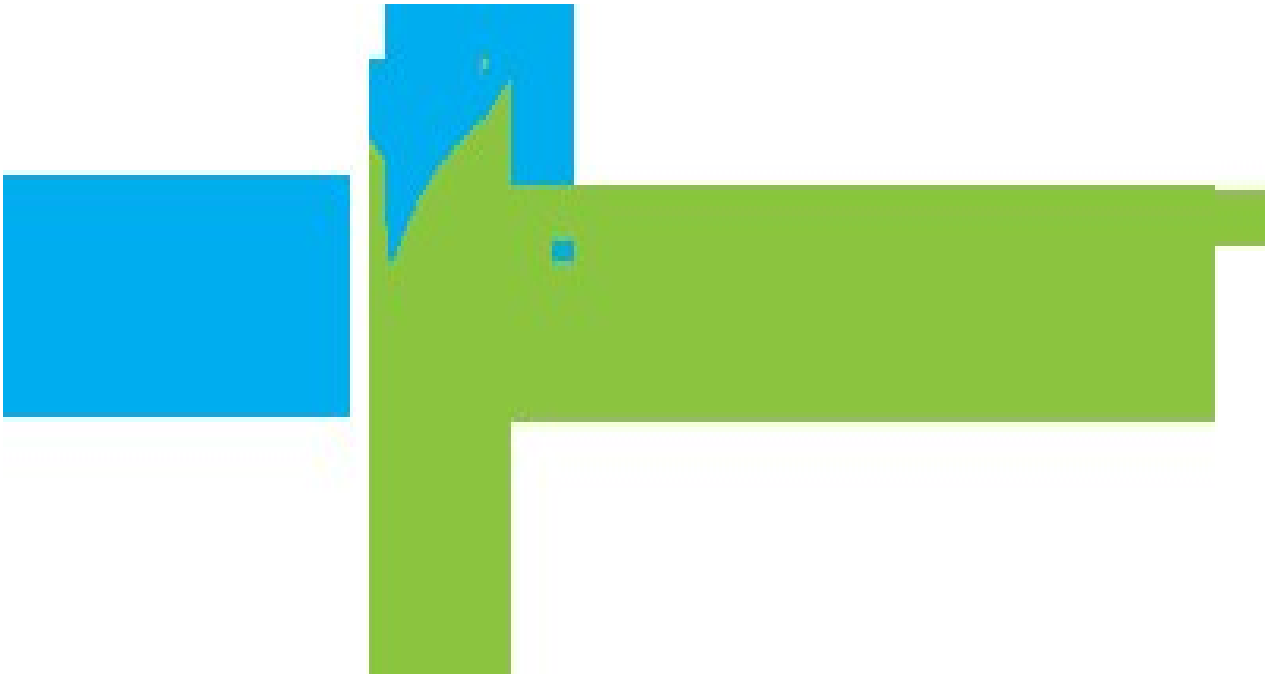


Omega-3 Fats A Potential Natural Solution For Obesity Problems

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Orlando, FL? June 9, 2016 ? Having excessive weight can increase one?s risk of a range of medical conditions, including the fatal ones. This is why many people are resorting to a variety of measures to get rid of excess fat and maintain a healthy weight. Having a healthy diet and engaging in regular exercise is one of the best ways to be physically fit. The use of a natural alternative called fish oil is also a potentially effective remedy for weight loss.

Omega-3 fats are believed to be a potential natural solution for obesity problems. Omega-3s can be found in fish such as herring, halibut, tuna, and sardines, but they can also be obtained through supplementation. Consumption of omega-3 fats is associated with a range of health benefits.

?Today, many people are using fish oil supplements to take advantage of the therapeutic effects of omega-3s,? said VitaBreeze Supplements spokesperson, Michelle O?Sullivan.

According to Peter Howe and his colleagues from the University of South Australia, proper diet and regular exercise are extremely helpful for weight management. They also added that exercise, healthy diet, and

increased consumption of fish oil make a powerful fat-loss combination.

The study involves overweight and obese individuals who suffered from metabolic syndrome, and were highly susceptible to heart disease. The participants took omega-3 fats and engaged in moderate aerobic exercise three times a week in the study.

The researchers revealed that the combination of exercise and omega-3 fat has significantly helped reduce the stored body fat in the abdominal area. Individuals who only took fish oil or exercised did not achieve anything. They believe that it is the anti-inflammatory properties of the omega-3 fatty acids called EPA that help provide the positive results. DHA, which is also an omega-3 fat, is believed to help sensitize insulin.

One of the interesting things about the study is that the subjects did not make any alterations to their diet or eating habits. Researchers believe that omega-3 fatty acids work by enhancing the blood flow around the muscles during exercise. This entire process is believed to stimulate the enzymes, and result in the transportation of fat to where it can be used for energy.

Omega-3 fats are widely consumed through the use of fish oil supplements. Many people prefer the use of fish oil supplements to obtain omega-3 fats instead of eating fish. Many fish oil supplements nowadays are concentrated with high amounts of omega-3s. Fish oil supplements are also popularized by their low content of environmental pollutants such as heavy metals, which are abundantly found in commercially-bought fish and seafood items (amazon.com/Omega-Fish-Oil-Supplement-Softgels/dp/B00O8NS20K/).

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For more information about VitaBreeze, contact the company here:VitaBreezeBenjamin Lasance(407) 545-2239media@vitabreeze.com4700 Millenia BlvdSuite 175 FOrlando, FL 32839

VitaBreeze

VitaBreeze is a nutraceutical brand that manufactures high-quality natural supplements to help people live a healthy, enjoyable and longer life. Learn more at www.VitaBreeze.com

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