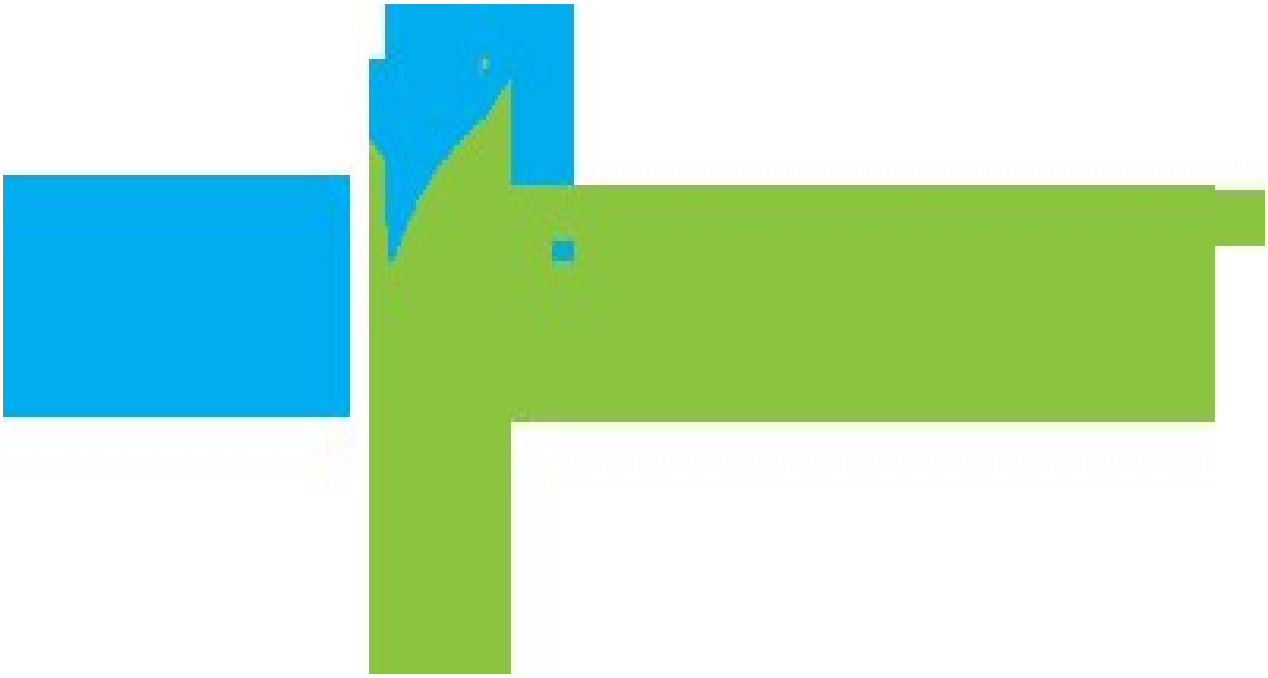


Impact Of Omega-3 Fats On Arthritis And Joint Health A Subject Of Many Studies

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Orlando, FL? June 16, 2016? Arthritis is well known for causing pain and making day-to-day activities more difficult. Sufferers often use pain relief drugs such as NSAIDs to improve their overall condition. The disadvantage is that these pharmaceutical drugs are associated with side effects, and this has led many sufferers to turn to natural alternatives, such as fish oil supplements.

The impact of omega-3 fats on arthritis and joint health has been a popular subject of many studies. Omega-3 fatty acids are typically found in fish such as herring, tuna, sardines, and halibut. However, they can also be consumed through fish oil supplementation.

?Today, people use fish oil supplements to combat a range of ailments, including arthritis,? said VitaBreeze Supplements spokesperson, Michelle O?Sullivan.

Dr Joseph Mercola, who is a New York Times best selling author and member of over 12 health organizations including the Alliance for Natural Health, published an article sharing his thoughts and research on the topic.

"According to statistics, there is one in five adult individuals, or almost 50 million people in the United States, who have been diagnosed with arthritis," Dr Mercola shared. The most common form of arthritis is osteoarthritis. This condition takes place when the joint cartilage starts to succumb to damages. It also develops when there is a reduction in the synovial fluid, which lubricates and cushions the joints.

Mercola's research reveals that joint and stiffness are often a result of the friction between bones, due to the reduction of synovial fluid and cartilage damage. Taking preventive measures is one of the most important steps that sufferers can take to live a functional life on a daily basis.

Research also revealed that over 21 million Americans are having difficulties getting dressed, climbing stairs, and staying active, and all because of arthritis. Taking omega-3 fats is one of the most effective ways to fight the condition.

In an animal-based study, it was revealed that there was a decrease in the majority of disease indicators among osteoarthritis-prone guinea pigs, which had a diet rich in omega-3 fats. According to researchers, there was a strong evidence that omega-3 fats have the potential to prevent the progression of the diseases.

Omega-3 fats are believed to produce resolvins and protectins, which are compounds that quell inflammation before it damages the tissues. There have also been a variety of studies that demonstrated remarkable effectiveness of omega-3s in fighting inflammation-related conditions such as arthritis.

Mercola recommends increased consumption of fish that contain high levels of omega-3 fats. There are also fish oil supplements that are highly recommended due to the fact that they contain high concentrations of omega-3 fats.

More and more people are turning to fish oil supplements to improve their overall health. Fish oil supplements are popularized not just by the high amounts of omega-3 fats they contain, but also because they typically contain little to zero environmental pollutants such as mercury (http://amazon.com/Omega-Fish-Oil-Supplement-Softgels/dp/B00O8NS20K/).
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