

MORE BENEFITS OF SUPPLEMENTING WITH OMEGA-3

- It is no surprise that fish oil (omega 3) is good for heart health. But it is a surprise that most people are still not supplementing their diet with omega-3. A multitude of studies have shown the many benefits of increasing Omega-3 in your cells through supplementation and some of these findings are listed below.
- A 2007 study showed that increasing Omega-3 in your cells could reduce your risk of heart attacks by up to 69% making it one of the most important nutritional steps an individual can take in improving heart health.
- Greenland Eskimos who consumed a high seafood diet had low rates of heart disease, asthma, type 1 diabetes and multiple sclerosis.
- In a study involving 10,480 adults, Omega-3 intake was found to be significantly linked with fewer depressive symptoms. Three grams of Omega-3 daily for three months significantly decreased feelings of anger, anxiety and aggression.
- A University of Illinois study reported that DHA, one of the active ingredients found in fish oil, played a role in improving male fertility in mice that were infertile. When DHA was introduced into the diet, fertility was completely restored.
- Omega-3 has been shown to help limit the damage caused by smoking. A daily intake of Two grams of fish oil improved arterial stiffness and minimized damage to arterial elasticity.
- A recent Harvard study showed that Omega-3 was linked to slowing the decline of eyesight loss and resulted in up to 18 years additional vision for those with progressive retinal disease. People afflicted with Retinitis Pigmentosa (eyesight loss) who consumed a minimum of 200 mg/day have a 40% slower rate of decline in distance visual acuity.
- A study involving 120 infants revealed that fish oil supplementation increased blood levels of Omega-3's and decreased allergic responses to allergens.
- Omega 3's are important for brain function and higher intakes are associated with improved memory, cognition and may lower the risk of Alzheimer's disease. Supplementation had positive effects in patients with dementia, schizophrenia, depression and other central nervous system diseases. Omega-3 deficiency in the brain is associated with decreased learning ability.
- Do you need any more reasons to make Omega-3 a part of your daily supplement regimen?
- In a previous article I discussed the proper amounts needed to maximize the benefit of Omega-3 supplementation. This article is available on my website or call the office for a printed version.

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