



# Fish Oil Supplements

*The health benefits of oily fish were particularly brought to light by studies of the Eskimo diet. Eskimos naturally consume fresh fish every day and it has been noted that they rarely suffer cardiovascular disease and maintain normal blood viscosity throughout their lifetimes.*

The health benefits of oily fish can mainly be attributed to its fatty acid content. There are 2 types of fatty acid: omega 3 ( $\omega 3$ ) and omega 6 ( $\omega 6$ ). The human body needs not only sufficient amounts of each but also a suitable ratio between the two. Dietary studies have revealed that until the 1850's a 1:1 ratio between the two types of fatty acid was normal in the human diet. That, however has shifted to around 1 : 2 ( $\omega 3$  :  $\omega 6$  ratio).

As well as **cardiovascular health**, fatty acids and a suitable ratio of omega 3 and omega 6 oils have an essential role in normal **brain function**, **eye health**, **cell membrane integrity**, **skin health**, **joint mobility** and normal **liver function**. There are many published studies linking DHA to **normal brain development in the unborn child**.

In view of the foregoing, it is evident that the population in general need to increase their daily intake. Fish oil supplement is therefore the most convenient, available and direct source of the fatty acids EPA and DHA. Although there are known benefits from fish liver oil supplements (particularly cod liver oil) in relation to maintaining joint mobility, there are also disadvantages. There are no unpolluted waters and oily fish can accumulate heavy metals in the liver. For this reason select a fish oil that has been through a molecular distillation process to segregate out the two most important Omega-3 fatty acids DHA and EPA, and to eliminate the potential of heavy metals, PCBs, and dioxins in the product. The molecular distillation process represents a gentle and efficient oil enhancement.

For recommended suppliers and supplement advice please contact Pauline

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