



10 Reasons to Take Omega 3 Fish Oil!

1. Fish oil lowers triglycerides, raises good HDL cholesterol, and helps to reduce blood pressure, thereby reducing the risk of heart disease and subsequent cardiac episodes.
2. Fish oil reduces the incidence of stroke caused by clotting of brain blood vessels!
3. Fish oil can act as an anti-depressant; it may improve depression, mood and mental disorders. It is a very potent antioxidant and one of the few that cross the blood-brain barrier, and is thought to be a key antioxidant in the brain. Not surprisingly, Fish oil improves 'Brain Fog', ADHD, memory, I.Q. and helps obliterate age-related memory lapses (note: 60% of the Brain is Fat), and has been used effectively in the treatment of Alzheimer's disease.
4. Fish oil improves the ratio of testosterone to its metabolite, DHT, and in studies was shown to be useful in treating prostate, breast and colon cancer cell growth.
5. Fish oil used during clinical trials has been shown to help people with multiple sclerosis experience less disability progression and fewer relapses.
6. Fish Oil studies show benefits for inflammatory bowel diseases, such as ulcerative colitis and Crohn's disease.
7. Fish oil increases the amount of eicosanoids in the body responsible for regulating immune and inflammation response. Hence, it can treat inflammation in the lungs and can help with allergies, asthma, psoriasis, eczema and dry skin.
8. Fish oil studies show that proteins which contribute to rheumatoid arthritis/osteoarthritis, and cells which damage cartilage, are both restricted by Omega 3 oils and the symptoms of stiffness, swollen joints and joint tenderness are improved!
9. Fish oil balances hormonal levels in the body, which has many benefits - one of which is a much sounder, deeper sleep, so that you wake up in the morning feeling totally refreshed and invigorated!
10. Fish oil is an excellent anti-ageing product, simultaneously improving hormone levels and improving the health of your joints, it is the perfect anti-ageing supplement as well as a superb supplement for athletes, speeding recovery time from hard workouts!