

Fish oil: Why is this a great one to take?

By: Dr. Bailey

For the last few years, I've been recommending omega 3 fish oil supplements to practically everyone I know. Fish oil, particularly one high in EPA and DHA, is an excellent source of essential fatty acids that really work well on most systems of the body.

I've personally been taking and recommending an omega 3 fish oil supplement to practically everyone I know. And that, my friends, should tell you just how useful and important I think it is.

In this article, I am going to explain exactly why fish oil has become one of my personal favorites and the only one that I recommend to every single person reading this no matter who you are. I will explain all of its proven health benefits (yes, **scientifically proven**). In general I will talk about how much you should take, and give you my recommendation for the highest quality fish oil supplement brand on the market. Basically, by the end of this article you're going to want to start recommending it to everyone you know, too.

What is it?

The only real reason fish and fish oil are considered so healthy is that they contain the omega 3 fatty acids docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). You know how there are good types of fat and bad types of fat? Well, this is the really good one. Fish

just happens to be the best and most abundant source of it.

Omega 3 is an essential fatty acid, which means it cannot be manufactured by our own body and therefore must be obtained through our diet alone. The thing is, most people's diets contain an insufficient amount of omega 3. Not to mention, they also contain a very high amount of the omega 6 fatty acid. The ideal ratio of the two is something near 2:1. In reality for the average person, it's more like 20:1 or even more. Most people just lack omega 3, which is why a fish oil supplement could be beneficial to pretty much everyone. Speaking of benefits...

What are the benefits of taking an omega 3 fish oil supplement?

It's magical! Ok... that's obviously an exaggeration, but from all of the scientific studies done and all of the medical research known, an omega 3 fish oil supplement is my pick for the closest thing to a real life miracle pill.

Let's take a look at some of its benefits taken directly from Medline Plus, which is a service of the US National Library of Medicine:

- lowers blood triglyceride levels
- reduces the risk of heart attack
- reduces the risk of dangerous abnormal heart rhythms
- reduces the risk of strokes
- slows the buildup of atherosclerotic plaques

- lowers blood pressure
- reduces stiffness and joint tenderness associated with Rheumatoid Arthritis

An omega 3 fish oil supplement may also help improve or prevent the following:

- Alzheimer's disease and dementia
- depression
- heart disease
- cancer
- arthritis
- diabetes
- hyperactivity
- ADHD

It has also been shown to improve a person's ability to concentrate and just think clearer in general. And, as if all of this isn't enough, fish oil is also highly recommended by nearly every well respected strength and conditioning coach, trainer, and diet/fitness/nutrition expert of any kind as one of the few supplements that should be taken by anyone with the goal of building muscle, losing fat, or improving their fitness level or athletic ability in any capacity.

Everything mentioned above has at least some amount actual scientific proof behind it. Researching some other

sources showed me that some people experienced other benefits not mentioned above. For example, I've heard of people claiming to have improved vision, improved memory, improved mood, and less back pain.

Long story short, a fish oil supplement appears to improve our body's ability to do damn near everything.

For me personally, I feel I experienced some of the mental and physical benefits. I noticed a definite improvement in mental clarity and really just the way I feel in general. Now, I didn't develop any kind of superpowers or anything, but after a couple of weeks, I felt like I noticed a difference. I remember reading the phrase "an enhanced well-being" when doing my fish oil research. That's a really good way of describing it. And physically, I feel I noticed an improved calorie partitioning effect, meaning when consuming an excess of calories, more calories went towards the building of new muscle rather than the storing of new fat. I also felt a similar effect when in a caloric deficit, meaning my body did a better job of using stored body fat for energy rather than muscle. Basically, I felt I did indeed experience an overall improvement both physically and mentally.

But really, even if I felt exactly 100% the same, I'd still be taking an omega 3 fish oil supplement anyway. Why? Because even if I didn't notice any of its benefits, the fact that there is **actual scientific proof** that it may help improve or prevent even 1 (let alone all) of the diseases and disorders listed above is MORE than enough convincing form.