

There has been a lot in the news about the benefits of fish oil supplementation. It has been one of the few supplements to stand the test of time. The reasons are many, but the fundamental reason is that the oil is an integral part of the body. All cells in the body are insulated from other cells by a layer of oil. This barrier is not just to protect the cell, but it also carries out a number of functions necessary for the health of the cell and the body.

The cell membrane can be made of a number of different types of oil and each type influences the function of the cell. The oils that actually make up the cell membrane, are the oils that we eat in our diet. To function as well as possible, we need to eat the right types of oil. One of the primary types of oil that the body needs is called omega 6 oil. This type of oil is prevalent in the American diet. Corn is full of omega 6 fatty acids and corn products are found in most of our foods. Omega 3 fatty acids are also needed by the body and this type of oil is much harder to find in the American diet. Some of the highest concentrations of omega 3 oils are found in cold water fish.

Very few of us eat enough fish to get the proper amount of omega 3 oils. As a result, fish oil supplements are one of the most important supplements that we can take. The average person should take about 1200 mg of fish oil per day. Some people have trouble with an aftertaste from taking fish oil capsules. Purchasing capsules that break down in the intestines instead of the stomach can prevent this problem.

Fish oil protects the entire body. One area that it has proven to help is the brain. It has been shown to improve memory, attention, mood and emotional problems. In fact, some children with ADHD can sufficiently improve their symptoms through fish oil supplementation to be able to stop their medication. Others can reduce the medication if they are taking fish oil.

Fish oil is also being explored as a treatment of autism, depression and Alzheimers' disease, all brain related disorders. There is no known downside to taking fish oil, but there are many upsides. If you are not regularly taking fish oil supplements, I strongly recommend that you consider it. If you have any questions regarding this feel free to call me or Carol at one of our offices.