



South Central's Health on Blast

“Fishing for Facts on Fish Oil.”

Fish oil contains important **Omega-3 fatty acids** and has health benefits ranging from reducing the risk of heart attack and coronary heart disease to combating depression, bipolar disorder and schizophrenia.

Fish oil, made from the tissue of oily fish-such as salmon, tuna, mackerel, herring, lake trout and sardines, is recommended to be taken as a dietary supplement .

Omega-3 fatty acids, found in fish oil, are extremely important to the overall health of our minds and bodies. The human body cannot make Omega-3 fatty acids, and therefore is dependent on outside sources for the essential fatty acids.

Fish Oil is also good for the unborn child, in the recommended dose from your health care provider. It aids in the development of the brain, retina and nervous system.

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The Benefits of Fish Oil:

- Increase good cholesterol level
- Slow hardening of the arteries
- Reduce risks of heart attacks
- Reduce inflammation associated with heart disease, cancer and Alzheimers
- Reduce arthritis, morning stiffness and joint tenderness
- Increases lifespan of cells that helps with anti-aging process
- Reduce risks of preterm labor in pregnant mothers

<http://www.fishoilbenefit.net/>