

Title:

Fish Oil - It's Health Benefits & Risks

Word Count:

422

Summary:

As the name implies, fish oil is oil that is removed from the tissues of oily fish and is often recommended as part of a healthy diet program. Many nutritionists recommend that individuals eat fish at least once a week, but emphasis must be placed on the importance of avoiding fish that contain certain harmful contaminants. In avoiding predatory fish, such as sharks and others, individuals will prevent the consumption of unhealthy substances which can accumulate due to the f...

Keywords:

fish oil

Article Body:

As the name implies, fish oil is oil that is removed from the tissues of oily fish and is often recommended as part of a healthy diet program. Many nutritionists recommend that individuals eat fish at least once a week, but emphasis must be placed on the importance of avoiding fish that contain certain harmful contaminants. In avoiding predatory fish, such as sharks and others, individuals will prevent the consumption of unhealthy substances which can accumulate due to the fish's predatory lifestyle.

The benefits of fish oil are thought to be many, including a number of experts who believe that its consumption can help to regulate cholesterol. This problem affects many individuals and, if left untreated, can lead to more serious complications. The liver of fish, however, may contain dangerous levels of Vitamin A.

According to the American Heart Association, daily consumption of the proper amount of fish oil can be beneficial for patients suffering from coronary heart disease. In addition, the United States National Institute of Health recommends fish oil for the prevention of cardiovascular disease and high blood pressure. Once again, the institute reiterates the fact that high levels of omega-3 fatty acid intake may increase the risk of dangerous side effects, including a stroke.

In September 2005, Louisiana State University conducted a study that resulted in

findings to support a theory that fish oil may prevent the brain from developing cognitive problems that are associated with Alzheimer's Disease. This illness, which is common among the elderly, causes an individual to gradually lose his/her memory.

Apart from consuming fish on a daily basis, fish oil is available as dietary supplements and can may be purchased at many locations. In certain cases, fish oil may require a doctor's prescription if the product is of pharmaceutical quality. It is important that individuals read the label and/or instructions carefully before using any medication and/or dietary supplement, including fish oil. It is also equally important that individuals inform their doctor of any current health problems and/or medications for which they are currently taking.

This article is to be used for informational purposes only and is not intended to be used as professional medical advice. The information contained herein should not be used in place of, or in conjunction with, a doctor's recommendation . Prior to beginning any treatment regimen, including one that involves the use of fish oil, an individual who develops an illness of any type should consult a licensed physician for proper diagnosis and treatment.