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A Benefits of Omega 3 Fish Oil by [Lisa Parker](#)

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In case you are in search of an ultimate diet to complement your food which has loads of benefit and is a blessing for your health, Omega 3 fish oil is what you need to add to your usual diet. Research shows that omega 3 fish oil has amazing health benefits. Fish oil is the richest and best source for EPA, DHA and DPA – the three omega 3 fatty acids proven in numerous scientific researches.

Fish is not just a tasty delicacy in your menu, but also full of nutrients, and fatty acids, that acclaimed for curing many heart disease and obesity problems, it is a source of pure omega 3 fish oil, which is very different from other omega 3 sources, here is a compilation of few benefits of fish oil.

- 1.Reduces pain and Swelling: Omega 3 fish oil, helps reduce inflammation, they are proven remedies to regulate body's inflammation cycle hence it is very effective in curbing body pain, specially joint pain.
- 2.Keeps Your Heart Healthy: Fish oils work wonders for your heart. They are great for your long arteries and veins in fact it's a boon for the entire cardiovascular system. They help lower cholesterol and blood pressure, while increasing good HDL cholesterol. This gives you a healthy and a long life.
- 3.Reduces Risk of heart attack: Research have shown that shows omega 3 fish oil break up bold clots around your nerves and arteries before they can cause any damage to your heart, because blood clots is the major reason for heart attacks and strokes.
- 4.Good for your Brain: Expecting mothers and lactating mothers should increase intake of fish oils in their diet, because it can have a great impact on the intelligence of their kids. And even for grown ups, omega 3 fish oil improves memory, recall, reasoning power and focus.
- 5.Reduces depression: It is good for your brains in many ways; it acts as a relaxing element also. Psychiatrist and psychologist also suggest adding omega 3 to your diet because it soothes brain and reduces depression.
- 6.Increases fertility in both male and female: Fish oils also benefits your fertility level, they improve your hormonal level and increase blood flow, hence good for your uterus, and it also balances your hormones hence increasing your chances of enjoying parenthood.
- 7.Prevents childhood disorders. Studies have shown that those who regularly take omega 3 fish oil, in any way experience great benefits, it is a blessing for children, the healthy fatty acids in fish oil prevents disorders like dyslexia, dyspraxia and compulsive disorders in your children.

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