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The term â€˜oilâ€™ it is regarded to be a word filled with loads of pessimistic health effects and a must â€˜ for all diet conscious individuals. But, today the article is going to shed light on an unknown aspect of an oil, which is packed with various health beneficial effects and a must have component in your daily intake â€“ which is the fish oil.

Well, we all are aware of the fact fish contains a wide range of nutritious and essential components that are crucial for normal functioning as well as various vital activities of the body. One of the main ingredients present in fish is the essential fatty acid known as omega-3 fatty acids that include Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA) that are responsible for bestowing you with all good health effects.

Why eat food containing fish oil?

A natural remedy for cancer â€“ It is found that omega 3 fatty acids present in fish oil acts as a preventive measure against cancers of prostate, breast and colon; all of which belong to the most common types of cancers. These ingredients have been associated with ceasing the reversion of a normal healthy cell to a malignant mass by hindering the unwanted growth of the normal cells and resulting in apoptosis (programmed cell death) of the cancerous cells.

A heart healthy component â€“ It is highly recommended to consume fish oil in case you wish to protect your heart from various heart ailments. The main reason behind this approach is that fish oil contains omega-3 fatty acid that alleviates the LDL (bad) cholesterol levels and enhances the HDL (good) cholesterol level in the body. This results in mitigating the risk of heart attacks as well as strokes.

Prevent hair loss â€“ Fish oil posses the potential to enhance hair growth and prevent the hair fall. Hence, eating fish containing omega-3 fats not only keeps your hair healthy but also incorporates shine and luster to your hair.

Anti-obesity property â€“ A recent study has proved that consumption of fish on a regular basis in required amounts is an effective approach for losing your extra flab and also to maintain weight in normal shape.

Skin benefits â€“ Fish oil makes your dry skin into a glowing and attractive one. It is also used as a natural therapeutic remedy for various skin related problems such as redness of skin, eczema, itching, skin rashes and lesions.

A perfect pregnancy diet â€“ The DHA present in fish oil plays a key role in proper development of the childâ€™s brain and eye in addition to preventing miscarriages and premature births.

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The author is a well known content writer with his every article focusing on new and unique topics related to health and nutrition. The area of expertise of his articles is the accuracy and apt information with reference to normal well being. Also write the article like generic medicines like a generic mifeprex, a generic zenegra , a generic forzest .

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