Article published on March 13th 2012 | Health

Heart disease is said to claim around 17.1 million lives a year, making it one of the largest killers globally. Heart diseases are extremely lethal and modern-day living habits do not contribute in a very positive manner. Although the chances of developing a heart disease cannot be ruled out, keeping fit and healthy by way of taking proper medication and following a proper diet besides regular exercise are some measures that you can follow to decrease your chances of developing a heart disease.

fish oil supplements are effective a variety of heart health benefits that include decreasing cholesterol, triglyceride levels, blood pressure and the risk of a heart disease or stroke. Oil from fish usually contains large amounts of Omega 3 essential fatty acids and this helps in proper functioning of the brain while promoting physical growth and development. fish oil supplements are also highly beneficial for patients suffering from rheumatoid arthritis as it helps decrease the symptoms.

The best fish oil supplements can be taken by most people at any time of the day. However, it is important to approach a health care provider or a doctor to determine if supplements containing the best fish oil are suitable for you or not. Omega 3 fatty acids are commonly found in oil obtained from fish but it is important to note that there are also other essential fatty acids that you can find in the oil. These include eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

The best time to take supplements containing the best fish oil is right after your meals. Opt for high-grade and doctor-prescribed Omega 3 fish oil supplements for the best results.

Oil obtained from fish is known to treat weight loss by keeping the metabolism up while preventing the development of pre-fat cells. Try to take a supplement after breakfast every day to keep you active and energetic.

Essential oils from fish also keep you mentally active and help in improving your mental health. You can consume a fish oil supplement after lunch as well to help your mind stay sharp and alert. Essential oils form fish are also known to battle depression, helping your mind stay relaxed. Apart from promoting mental and physical health, essential oils obtained from fish are good for your skin.

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Article Keywords:
fish oil, best fish oil, Omega 3

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