Article Side

Omega 3 and What It Can Do for You by Dave Jolly

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It is generally advised that adults take 500mg of Omega 3 every day and people with heart conditions such as heart failure should take even more. There are a tremendous variety of health benefits that scientists believe we could get from Omega 3.

It's believed that Omega 3 eases depression. Experts noticed that people who added foods rich in Omega 3 in their diets were less prone to suffering with depression. The belief is that Omega-3 aids the transport of serotonin in the blood. Serotonin is an antidepressant thats naturally produced by the body.

People are continuously looking for ways to enhance weight loss and Omega-3 is said to be one of them. It is mainly seen as an aid to weight loss and dieting rather than a way to shed pounds on its own. There has also been studies carried out by the American Association for Cancer Research that implies that Omega 3 can slow cancer growth.

Mental focus is an additional area where Omega-3 is believed to bring improvements. It is believed that after a period of regular Omega-3 consumption, a notable improvement in mental focus can occur. Omega 3 is sometimes used as a treatment for young people with Attention deficit disorder.

To sum things up, there are some potentially substantial benefits that you could get by including more Omega-3 into your food regimen. Omega 3 is related to Omega 6 and it's important to have a balance of both. Your diet should not contain a higher amount of Omega 6 than Omega-3.

Using Omega-3 supplements does have it's side effects. If you have a history of blood problems then you need to speak to a professional before you consider using Omega-3 supplements. Even without a historical past of blood issues, it is recommended that you seek advice from a knowledgeable health care professional before you take any dietary supplements including Omega 3.

There is also evidence that Omega 3 can interact with other medications. If you are taking medications for blood thinning, diabetes, inflammation, cholesterol or any other medication then it's even more important that you don't take any Omega-3 supplements without seeking proper advice.

The body does not actually produce any Omega-3 so we need to get it from other sources. Since Omega-3 is such a popular supplement, it is relatively easy to come across. Most chemists, healthy food suppliers and grocery stores sell Omega-3 supplements and it is easy enough to find on the internet.

You do not have to get your Omega-3 from supplements though, there are enough foods that contain Omega-3. You can find Omega 3 in walnuts, chia seeds, butternuts and fish (salmon, tuna, mackerel, bluefish and sardines for example).

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Chia seeds are a great source of Omega 3. If you want to know more about a chia seeds or the potential a side effects of chia seeds then head over to chiaseedshq.com!

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