

Is Omega 3 really all it's cracked up to be and is it safe to use?

Go ahead and name an illness that runs in your family – Alzheimer's, heart disease, depression, arthritis, asthma – and Omega 3 can help prevent it. Or not ...

Is Omega 3 really all it's cracked up to be? Is it safe to use? Those are questions that are asked by many people and today, we're here to answer them.

Today, Omega-3 has been ranked as one of the most important essential nutrients available today. Research has indicated that a higher intake of omega-3s could have many health benefits nesting behind it.

Take a look at some of the benefits in order to see if Omega-3 is all it's cracked up to be:

#### Omega-3 and Your Cholesterol Levels

Both krill oil and fish oil are efficient in regulating your cholesterol triglyceride levels. While both are capable of reducing the enzyme activity that can cause the liver to metabolize fat, it seems krill has more benefits in reducing liver triglycerides.

#### Omega-3 and Your Heart

By turning to fish oils, you may be able to reduce the risk of having a stroke or a heart attack. A study done by American medical researchers indicated that men that used fish oil at least one time a week lowered their risk of heart complications by fifty percent than men who each fish less than one time a month.

#### Omega-3 and Children

Omega-3 is also beneficial to children as it can help maximize their intellectual potential. Studies conducted have indicated that children that consume an omega-3 fat supplement when they are infants scored higher on vocabulary. Omega-3 plays a major role in brain health – DHA and EPA increase neuronal growth, keep the dopamine levels in your brain high, and increase cerebral circulation.

#### Lowers High Blood Pressure

By consuming Omega-3, you can lower your blood pressure. Replacing red meat with fish during some of your meals would be beneficial for this. You should avoid the salty fish, like smoked salmon.

Omega-3 is essential for human health. However, the average human has too many omega-6 fats in their diet, while they consume a low amount of omega-3. Both Omega-3 and Omega-6 are important in the diet, but there needs to be balance. An ideal ration of omega-6 to omega-3 fats would be 1:1.

#### Is Omega-3 Safe to Use?

The U.S FDA has concluded that the use of DHA and EPA (the main omega-3 fatty acids) found in dietary supplements and fish is safe to use, as long as the daily intake does not go over three grams per person each day. So, 1-2 fish meals on a weekly basis is okay. For people who have bleeding disorders, caution is advised, because Omega-3 could increase the risk of bleeding, so dosing adjustments may be needed.

#### Conclusion

Is Omega-3 really all it's cracked up to be? Of course it is! Is it safe to use? Yes it's safe, as long as instructions are followed properly.