

Fish Oil

Although Americans continue to push for a healthier lifestyle, cardiovascular disease continues to be the leading cause of death in the United States. Obesity, diabetes, smoking, and inactivity are major risk factors for cardiovascular disease. However, millions of people without these risk factors still develop cardiovascular disease every year. Most cardiovascular diseases are chronic, and are due to decades of lifestyle choices, diet, inflammation, and natural breakdown of a constantly working vascular system. However, research continues to shed light on essential fats that can significantly benefit our vascular health.

There are three major calorie sources which we ingest; carbohydrates, proteins and fats. Carbohydrates in general are what we use for energy. Proteins are building blocks for cells, and are catalysts for many chemical reactions in our body. Fats are compounds that can be broken down for energy production, built up for energy storage, moderate inflammation, produce hormones, and are major components of a cell. Many people are aware of the negative side effects of unhealthy fats, like weight gain and increased cholesterol. However, healthy fats can actually strengthen our cardiovascular system.

Omega 3 and Omega 6 fatty acids are major contributors towards improving the health of arteries in our body. By mediating inflammation and improving arterial wall integrity, the essential fatty acid can help improve our vascular health. Research shows Fish Oil contains ideal concentrations of these healthy fatty acids, which are helpful in reducing the risk of cardiovascular disease, and managing inflammation once it begins.

If you are currently taking fish oil, or are planning on using this supplement, there are several aspects of fish oil to consider before purchasing.

- 1) Type of Fish Oil- Fish Oil can be synthesized from many different types of fish. The type of oily fish that is used affects the ratio of omega 3 and Omega 6 fatty acids within the supplement. In general, Salmon Fish Oil has the greatest concentration of these healthy fatty acids, and is the gold standard in Fish Oil Supplementation
- 2) Brand to Brand Differences- Most fish oil will utilize vitamin additives to help bind the Omega 3 and Omega 6 Fatty acids. Typical additives include vitamin A, B1, B2, C, E, and D. The recommendation should be to choose a fish oil that is paired with a fat soluble vitamin, like Vitamin A, E or D to maximize the body's ability to ingest the fatty acids.
- 3) Buy from a Reputable Source- Fish Oil Utilization for cardiovascular health has become one of the most common forms of supplementation in the medical and wellness community. Most healthcare providers will be able to give a strong recommendation on reliable brands for this supplement. If you are struggling to find a Fish Oil that is right for you, ask your primary care physician or a representative of Connecticut Back and Wellness for recommendations.