Fish Oil; potential benefits for everyone

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Fish Oil Supplements

- Fish Oil is derived from the fatty tissue of fish
- Sold as a supplement in a wide variety of merchants
- Usually a soft gel pill with a yellow tint
Omega-3 fatty acids

- Fish Oil is loaded with Omega-3 fatty Acids
- The two Omega-3’s in Fish Oil are EPA and DHA
- Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA)
Fish do not naturally produce Omega-3’s. Rather, they accumulate them in their diet. Two main sources are microalgae and different prey fish.
Why Fish Oil is Important

- Omega-3 are an essential fatty acid
- Essential fatty acids are necessary for the human body to function properly, but are not produced within the body
- This means fish oil is good for EVERYONE!
- This is why fish oil is such an effective and popular supplement
Fish Oil has proven to provide varying benefits to a wide variety of health issues.

They include heart health, weight loss, depression, alzheimers, anxiety, eye disorders, skin care, and ADHD/ADD to name a few.

Also a great anti-inflammatory and immunity booster.
Fish Oil is effective in reducing the incidence of cardiovascular diseases.

Also reduces the risk of heart diseases and heart arrhythmias.
Heart Health

- Lowers the level of bad cholesterol (LDL)
- Increases the level of good cholesterol (HDL)
- Heart health benefits of Fish Oil courtesy of the American Heart Association (AHA)
Weight Loss

- Research conducted by Professor Peter Howe at the University of South Australia

- Fish Oil as a weight loss aid improves the efficacy of exercise
Volunteers who were given fish oil in their diet showed greater weight loss in comparison to those who did not regularly consume fish oil.

Fish oil with regular exercise had a positive effect on both body shape and composition of participating patients (University of Southern Australia)
Depression and Anxiety

- Case Western Reserve University School of Medicine; Cleveland, Ohio,
- Research publication titled “Fish Oils and Bipolar Disorder: A Promising but Untested Treatment”
- Stated that fish oil can be useful in mood stabilization & the treatment of bipolar disorders.
- Directly correlates with countries where fish is frequently eaten having low incidence of depression
Depression and Anxiety

Similar research conducted in prisons

When fed fish high in omega-3’s, there was a significant drop in the homicide rate and frequency of violence amongst inmates

Why fish oil is promoted for relieving depression, sadness, anxiety, restlessness, mental fatigue, stress, decreased sexual desire, suicidal tendencies and other similar disorders
Louisiana State University and the University of California at Los Angeles have studied the use of fish oil in Alzheimer's treatment.

The Alzheimer's Association recommends fish containing higher content of omega-3 fatty acids to patients.

Omega-3 fatty acids act as a defense against Alzheimer's disease and dementia.
Fish oil has the ability to improve vision as well as assist in age-related macular degeneration.

The National Eye Institute at the National Institute of Health in the United States will be conducting a nationwide study to better evaluate the effect of fish oil in treating macular degeneration.
Skin Care

- Useful in treating skin problems such as eczema, psoriasis, itching, skin redness, skin lesions, dry skin, rashes.
- EPA present in fish oil restricts growth of pro-inflammatory agents by producing arachidonic acid.
- Regular consumption helps in reducing moisture loss from the skin.
ADHD and ADD

- Fish oil has the ability to treat various disorders
- Attention Deficit Hyperactivity Disorder (ADHD)
- Conditions such as hyperactivity, dyslexia, dyspraxia, emotional instability, wavering attitude, poor coordination, short attention span & memory, low concentration, recklessness, hastiness, impulsiveness, low IQ & learning disorders
ADHD and ADD

Research conducted at the University of South Australia and CSIRO

Children suffering from ADHD were given doses of fish oil and evening primrose capsules for 15 weeks; showed significant improvements in behavior.

Brain matter consists of about 60% fats, especially essential fatty acids such as omega 3 and omega 6.

Fish oil helps to improve the functions of the brain.
Fish oil is effective in reducing inflammation in the blood and tissues.

Regular consumption helpful to those who suffer from chronic inflammatory diseases.

Effective in treating gastrointestinal disorders, Celiac disease, short bowel syndrome and inflammatory bowel disease (IBD), including Crohn’s Disease and ulcerative colitis.
Patients suffering from Crohn’s disease often find it difficult to absorb vitamins, fats and essential supplements.

Fish oil supplements are an effective diet for such patients.

In terms of ulcerative colitis, fish oil prevents the accumulation of leukotriene on the colon.
Improved Immunity

- Bolsters the immune system by effecting the activity and amount of cytokines and eicosanoids present in our body.
- Researcher on both pigs and mice has found that fish oil aided in the overall growth of the animals.
- Beneficial to patients suffering from lupus, an autoimmune disease characterized by the immune system attacking its own organs and tissues.
- Studies have also shown fish oil to help in reducing associated fever, skin rashes and fatigue.
References

- Lousiana State University (http://www.lsu.edu/)
- University of Southern Australia (http://www.unisa.edu.au/)
- Case Western Reserve University School of Medicine (http://casemed.case.edu/)
- University of California, Los Angeles (http://www.ucla.edu/)
- Commonwealth Scientific and Industrial Research Organization (http://www.csiro.au/)