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Benefits of Omega 3 Fish Oil by [Lisa Parker](#)

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You can take fish oil by eating fish or by taking its supplements. Omega 3 Fish Oils are very much effective in treating lots of problem. It can be used for a wide range of conditions. In most of the complicated conditions related to heart and blood system, this fish oil is very much effective. Most of the people use this fish oil to lower the levels of blood pressure and triglycerides. Even preventing from heart disease and stroke also, this omega 3 fish oil is very much useful and effective. Scientifically it has been proved that the intake of recommended fish oil really lowers the high triglycerides and also it helps in preventing the heart disease as well as stroke. But if this fish oil is taken in excess then it may increase the risk of stroke.

Fish is also known by the name of "brain food" and for this reason only most of the people eat to get rid from depression, psychosis, attention deficit-hyperactivity disorder, Alzheimer's disease and many other thinking disorders. Many people use this fish oil to treat dry eyes, glaucoma and also age-related muscular degeneration.

Women take it in the form of weight loss supplements. Other than weight loss supplements, women make use of omega 3 fish oil in various other things like in preventing painful periods, breast pain and also complications associated with pregnancy like miscarriage, high blood pressure late in pregnancy and early delivery.

It has been proved that eating fish oil or fish oil supplements are very much effective in losing your weight as well as in decreasing the blood sugar in overweight people and also with the people of high blood pressure. Usually women are much more conscious about their weight, so they remain always interested in taking this fish oil supplements. Taking a specific fish oil supplements, 6 grams daily will significantly decrease the body fat associated with regular exercise. But while taking this fish oil supplements for weight loss you must have to take extreme caution. For adults the maximum dosage is 2 capsules a day. If this number will be exceeded then it may cause great harm to your body.

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