

Natural Healing Express Weekly

Column Volume 174 Those “Fish Oils”

One product we get asked about continually is “fish oil”. Should I be taking one? What do they do for me? Why do they give me an aftertaste? What the difference between the big box store brands and yours? etc. etc. etc. So, in to answer a lot of questions up front, I decided to dedicate an article to the topic.

To understand “fish oils” it helps to begin with the scientific definition of Omega 3 Fatty Acids:

Omega-3 fatty acids are found in fatty layers of cold-water fish and shellfish, plant and nut oils, English walnuts, flaxseed, algae oils, and fortified foods. You can also get omega-3s as supplements. Food and supplement sources of these fatty acids differ in the forms and amounts they contain.

There are the two main types of omega-3 fatty acids:

- Long-chain omega-3 fatty acids are EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). These are plentiful in fish and shellfish. Algae often provides only DHA.
  - Short-chain omega-3 fatty acids are ALA (alpha-linolenic acid). These are found in plants, such as flaxseed. Though beneficial, ALA omega-3 fatty acids have less potent health benefits than EPA and DHA. You'd have to eat a lot to gain the same benefits as you do from fish.
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- In addition to omega-3s, fish is high in protein, vitamins, and minerals. And, it's low in saturated fat.
  - Hundreds of studies suggest that omega-3s may provide some benefits to a wide range of diseases: cancer, asthma, depression, cardiovascular disease, ADHD, and autoimmune diseases, such as rheumatoid arthritis

As many of you know, I research our products thoroughly and choose only the best for consideration for our shelves. The “fish oil” that we carry is from Norway. In the past we have had one heck of a time keeping it in stock as it is difficult to obtain. Recently, however, the fine folks at Carlson Laboratories have begun distribution. For me, this is a one dream come true. Their product features 800 mg of Omega 3, which is an excellent amount. It is professional strength; with the Norwegian fish oil contained being 1250 mg.

More importantly, the EPA and the DHA are within 100 mg of being in balance. What that means is there is no “fish” taste or aftertaste. And perhaps more important than this, is they have a precise manufacturing process which aids in the making their product much more soluble for your system. What does that mean in layman's terms? You are able to digest what you are paying for as your body is able to assimilate the “good part” of the product much easier.

Here are some things to watch out for when purchasing other fish oils. My number one test is simply this. If you have a fish oil currently and want to check to see if it has additives that will make it not so great for your system, try this. Grab a Styrofoam coffee cup, pin prick the soft gel and squeeze the oil

into the foam cup. If the oil eats away the bottom of the cup, you will have an indication what it is doing inside your stomach after you have swallowed it. No Bueno.

Secondly, the word purified on the label does not mean naturally pure. The hard truth is this; several other fish oils on the market are fractionated and distilled through multiple purification steps. These processes alone can reduce the whole spectrum of omegas and naturally occurring antioxidants and vitamins found in the fish.

Third, in the worst case scenario, some can contain genetically modified organisms (GMO's). Some non-reputable manufacturers produce many different types of soft gels using the same equipment. Even though they are cleaned in between runs, residue remains. This can create a myriad of nightmares that can result in anything from allergies to toxicity.

At Natural Healing Express, our fish oil is listed at \$ 19.95 for 60 soft gels.

\*\*\*Longevity series coming soon. Photographer is recovering from surgery

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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