Omega-3 Fatty Acids Helpful for Osteoporosis

Michelle O’Sullivan January 27, 2017

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(Newswire.net -- January 27, 2017) Orlando, FL -- Omega-3 fatty acids are essential fats that are vital for human health and functioning. They are believed to have therapeutic benefits and have the ability to fight a range of conditions. Individuals who suffer from osteoporosis may take into account the use of omega-3s in finding a remedy for their condition.

Omega-3 fatty acids are believed to be helpful for osteoporosis. While omega-3s are beneficial for human health, they cannot be naturally produced by the body. However, they can be taken by consuming food items such as nut oils, algae, krill and fish items that include tuna, salmon, and halibut.

“Today, more and more people are taking advantage of the therapeutic effects of omega-s through supplementation,” said VitaBreeze Supplements spokesperson, Michelle O’Sullivan.

Some studies reveal that omega-3 fatty acids have the potential to increase calcium levels inside the body as well as improve bone strength. There were also studies that suggest individuals who lack essential fatty acids such as EPA and GLA and have more omega-6 fatty acids are more susceptible to bone loss.

In a study, the researchers have 65 women with osteoporosis as participants. The subjects took EPA and GLA supplements during the study. It was found that the women who took the supplements experienced less bone loss in a span of three years than those in the placebo group. Many of them also achieved an increase in bone density.

According to research, omega-3s could potentially reduce inflammation and the risk of chronic diseases, including arthritis and heart disease. Deficiency of omega-3s, on the other hand, is associated with dry skin, poor memory, mood swings, and poor circulation.

Experts reveal that the importance of the proper ratio of omega-3 and omega-6 fats in the diet should not be overlooked. This is because the former can reduce inflammation while the latter promotes it.

Unfortunately, nutritionally-oriented physicians find that the typical American diet consists of 14 to 25 times more omega-6 than omega-3 fats. This improper ratio of the fats is associated with the increase of inflammation, especially when it goes on over a long period. It is even believed to increase the risk of death among individuals undergoing hemodialysis.

Fish consumption has been recommended by healthcare providers over the years for the purpose of obtaining high amounts of omega-3 fats. However, these fats can also be efficiently taken through supplementation. There are many fish oil supplements available that are considered safe and effective to use (http://www.amazon.com/fish-oil-omega-3-supplements/dp/B00O8NS20K).

About VitaBreeze

VitaBreeze is a nutraceutical brand that manufactures high-quality natural supplements to help people live a healthy, enjoyable, and longer life. All of the company’s products are manufactured in the United States using the finest-quality ingredients that have been carefully selected, tested, and crafted into the firm’s winning formulas. Visit http://www.VitaBreeze.com to learn more.
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