Study Confirms the Antiarrhythmic Effects of Fish Oil

Michelle O'Sullivan March 17, 2017

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(Newswire.net -- March 17, 2017) Orlando, FL -- Heart diseases continue to claim thousands of lives from around the world. This has led many people to improve their diet and lifestyle for the purpose of increasing their immunity against conditions that jeopardize heart health. The good news is that there is a natural remedy believed to be helpful in fighting conditions and deaths associated with heart health.

A study confirms the antiarrhythmic effects of fish oil. Fish oil contains omega-3 fats, which are believed to be vital for brain and body functioning. Omega-3 fats are particularly believed to be effective in providing heart protective benefits.

According to a study, increased fish consumption and fish oil supplementation can produce protective effects against cardiac arrest or sudden cardiac death (SCD). Sudden cardiac death is thought to be responsible for the 50 percent of all cardiac-related deaths.

Fish oil contains eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are the popular types of omega-3 fatty acids. Both of these healthy fats are believed to be extremely effective in fighting cardiac arrest.

There is a general belief that fish oil has protective effects due to its ability to reduce the risk of fatal ventricular tachycardias. According to the cardiologists from the Royal Adelaide, there is proof that the SCD-preventive effects of omega-3s are associated to their antiarrhythmic effect in individuals with ischemic heart disease.

In a clinical trial, 26 participants with coronary artery disease who were undergoing defibrillator implantation were given fish oil supplements. Twelve of the participants received fish oil with EPA and DHA while the 14 remaining subjects served as a control group.

At the end of the study, the researchers suggest that indeed omega-3s have an antiarrhythmic effect among individuals with ischemic heart disease.

Fortunately nowadays, there are already many fish oil supplements available in the market. There are food such as halibut, tuna, and herring that people can consume to obtain omega-3 fats. However, using fish oil supplement has been thought to be effective since it contains high concentration of omega-3 fats.

“Individuals who want to improve their overall heart health may take fish oil supplements,” said VitaBreeze Supplements spokesperson, Michelle O’Sullivan.

Many of the most reputable fish oil supplement manufacturers offer products that undergo a process called molecular distillation. This process works by decreasing or eliminating the heavy metals, toxins, and environmental pollutants from fish oil.

Fish oil supplements are not just effective and safe, but also easy to consume on a daily basis, and this is due to the fact that they come in a pill form (http://amazon.com/omega-3-fatty-acids/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.