Behcet's Disease Sufferers May Benefit From the Anti-Inflammatory Effects of Omega-3 Fats

Michelle O'Sullivan  May 05, 2017

Individuals who suffer from this condition may take fish oil supplements, which are thought to contain high concentrations of omega-3 fats.

(Newswire.net -- May 5, 2017) Orlando, FL -- Today, there is a wide range of conditions that are believed to cause, be caused by or associated with inflammation. Even rare conditions such as the Behcet's syndrome can cause inflammation. Individuals with the disorder and who are looking for natural remedies may take into account the use of fish oil supplements.

Behcet's disease sufferers may benefit from the anti-inflammatory effects of omega-3 fats. Omega-3s can be found in fish such as salmon, tuna, sardines, cod, and halibut. They can also be efficiently consumed through supplementation.

"Today, individuals who want to take advantage of the therapeutic benefits of omega-3s are taking fish oil supplements," said VitaBreeze Supplements spokesperson, Michelle O’Sullivan.

This rare disorder can result in blood vessel inflammation throughout the body. This inflammation can also encourage the development of symptoms such as genital sores, skin rashes, mouth sores, and eye inflammation. The symptoms may vary from one person to another, and may go away on their own.

Experts suspect Behcet's syndrome is an autoimmune disorder. There are also environmental and genetic factors considered in the development of the condition. It is imperative to reduce the symptoms of the condition as well as prevent it from turning to serious complications such as blindness.

One of the symptoms of the condition is painful mouth sores, which are thought to last for about three weeks. Sufferers may also suffer from skin lesions and even acne-like sores. The genital sores, on the other hand, often affect the vulva or scrotum.

The Behcet's disease can also cause a condition called uveitis, which is characterized by an inflammation in the eye. This condition often causes pain, redness, and blurred vision in either or both eyes.

The joints may also be subjected to swelling and pain. The areas affected are typically the wrists, elbows, and ankles. There are sufferers who suffer from inflammation not just in the veins, but also in large arteries. When this happens, it can cause swelling, redness, and pain. Other areas of the body that could be affected are the brain and digestive system.

Having a healthy diet is essential for sufferers. One of the best things that they can do is consume anti-inflammatory foods such as fish. Fish contains omega-3 fats that are widely believed to be powerful anti-inflammatories.

Individuals who suffer from this condition may take fish oil supplements, which are thought to contain high concentrations of omega-3 fats. Most of the best herbal manufacturers even use a molecular distillation process that reduces or gets rid of the environmental pollutants from fish oil.

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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