

Fish Oil May Be Helpful in Enhancing Joint Lubrication

Michelle O'Sullivan June 16, 2017



VitaBreeze Omega 3 Fish Oil

Individuals who want to maintain and improve their joint health may take advantage of fish oil supplements.

(Newswire.net -- June 16, 2017) Orlando, FL -- Fish oil has been a popular natural remedy over the years. It is thought to have the ability to fight a range of medical conditions, particularly those that affect the heart. However, it seems that fish can also be useful among individuals who suffer from joint pain and immobility.

Fish oil may be helpful in enhancing joint lubrication. Joint pain and immobility are often due to the insufficient amounts of essential fluids in the joints. According to experts, the eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are thought to be the source of fish oil's therapeutic benefits.

"Today, individuals who want to obtain the therapeutic effects of omega3s may take fish oil supplements," said VitaBreeze Supplements spokesperson, Michelle O'Sullivan.

EPA and DHA are two omega-3 fats that are widely studied due to their ability to reduce the risk of cardiovascular disease. Even the American Heart Foundation recommends the consumption of food rich with these fats.

There are several reasons why omega-3 fats have the potential to lubricate the joints. One is that EPA and DHA are thought to reduce inflammation by decreasing various inflammatory markers. These fats also have the potential ability to increase IL-10, TGF beta, and other anti-inflammatory markers.

Omega-3 fats are also thought to have the ability to reduce osteoarthritis progression. Both EPA and DHA can inhibit the expression of proteins that contribute to the development of osteoarthritis. Even in a petri dish study it was found that omega-3s can reduce the destruction as well as the inflammatory aspects of the cell metabolism of the cartilage.

In a study, it was found that the 293 participants who increased the intake of omega-6 fats experienced an increased risk of bone marrow lesions. The study suggests the increase in the intake of omega-3s and reduction of the consumption of omega-6 fats.

It is also suggested that omega-3 fats can potentially offer some more benefits for joint health. This natural ingredient could reduce symptoms such as swollen joints, morning stiffness, and joint pain. It can also help increase circulation during exercises.

Joint pain and inflammation can be debilitating. It can potentially reduce the quality of life of sufferers and even increase their risk for immobility. Individuals who want to maintain and improve their joint health may take advantage of fish oil supplements.

Omega-3s can be obtained through eating fish such as herring, tuna, halibut, and mackerel. However, it can also be consumed even more efficiently through supplementation. Fish oil supplements are thought to contain high amounts of omega- fatty acids.

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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