Omega-3 Fatty Acids Have Anti-Inflammatory Properties

Michelle O'Sullivan June 23, 2017

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(Newswire.net -- June 23, 2017) Orlando, FL -- The Familial Mediterranean fever is a genetic disorder that is associated with inflammation. There has not been a cure for this condition, but it can be managed through the use of certain medications. Keeping the inflammation inside the body low is also another important thing that sufferers need to do.

Omega-3 fatty acids are believed to be one of the excellent anti-inflammatory foods against Familial Mediterranean fever. Omega-3s can be found in fish such as tuna, herring, salmon, and sardines. These healthy fats are also known to contain anti-inflammatory properties.

“Omega-3 fatty acids can also be consumed through supplementation,” said VitaBreeze Supplements spokesperson, Michelle O'Sullivan.

The condition is also known as the recurrent polyserotisis and it typically causes swelling in the lungs and abdomen. It typically affects people with Mediterranean ancestry such as Armenians, Turks, Arabs, Ashkenazi Jews, and Sephardic Jews.

While this ailment is not life-threatening, it is highly debilitating. It causes symptoms that can reduce the quality of life of sufferers. These symptoms include recurrent fevers and inflammation in the abdomen, lungs, and joints.

Conditions such as Familial Mediterranean fever cannot be prevented or cured through dietary and lifestyle changes. However, sufferers may use medications to improve their condition.

This genetic disorder cannot be cured, but there are medications available to manage it. However, the use of these pharmaceutical drugs can last a life-time, and they are only useful for the purpose of regulating the symptoms, especially inflammation.

Experts recommend that sufferers should follow an anti-inflammatory diet. This involves avoiding the consumption of inflammatory food items and increasing the intake of anti-inflammatory food.

There are pro-inflammatory foods to avoid such as high-fat meats, highly processed foods, red meats, refined white flours, and many others. These are some of the food items that can significantly increase the risk of inflammation.

One of the most powerful anti-inflammatories is fish oil, which contains omega-3 fats. There are also other food sources of omega-3s such as flax seeds, pumpkin seeds, and canola oil. Increased consumption of omega-3s is associated with various health benefits, including ones beneficial for cardiovascular health.

Eating fish and other food sources is recommended. However, those who want to take advantage of the therapeutic benefits of fat in a convenient, easy, and efficient way may resort to the use of fish oil supplements.

Fish oil supplements contain high concentrations of omega-3 fats. They are also thought to contain low levels of environmental pollutants such as mercury, which are abundantly found in some commercially-available fish.

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
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