Omega-3s have long been believed to be beneficial for overall health. Fish oil supplementation is believed to offer high concentrations of omega-3s with little to no environmental pollutants.

Raynaud’s disease sufferers may benefit from the use of omega-3 fats. Raynaud’s disease is a condition that develops when there is a disruption in the blood flow to the fingers. Disruption is often caused by stress or exposure to cold. Individuals who suffer from Raynaud’s disease are typically advised to warm the affected areas or to consider utilizing fish oil supplements.

Fish oil contains omega-3 fats, which are thought to alleviate symptoms of Raynaud’s disease. Omega-3s can be obtained by eating fish such as tuna, salmon, herring, sardines and cod. These healthy fats are believed to be vital for brain and body functions.

In the United States, 4% of the population suffer from the phenomenon of Raynaud’s disease. The development of secondary Raynaud’s phenomenon, on the other hand, is associated with progressive systemic sclerosis.

According to the Albany Medical College researchers, using fish oil supplements may significantly help reduce symptoms of Raynaud’s disease or the primary Raynaud’s phenomenon.

It is also important to note that individuals with secondary Raynaud’s disease may not benefit from fish oil supplementation.

A placebo-controlled, double-blind clinical trial was conducted by researchers and it involved 32 participants. Twenty participants had primary Raynaud’s disease and 12 had the secondary type. All of them were instructed to immerse their left hand for five minutes in a cold water bath.

According to the researchers, the fish oil group achieved more significant improvements than those who were not dosed with omega-3s. They therefore suggest that fish oil supplements may be helpful in alleviating the symptoms associated with Raynaud’s disease.

Individuals who want to take advantage of the potentially therapeutic effects of omega-3s may use fish oil supplements. They may also eat fish that contain high levels of omega-3s.

Consumption of omega-3s has long been believed to be beneficial for overall health. It is often associated with a dramatic improvement on heart health. Supplements are also thought to contain higher amounts of omega-3 fats.

Individuals who are not fond of eating fish may take fish oil supplements. Taking supplements is believed to be an easier and more convenient way to consume omega-3s. What makes fish oil supplementation even more interesting is that it is believed to offer high concentrations of omega-3s with little to no environmental pollutants.

There are certain herbal supplement manufacturers that use a molecular distillation process, which works by reducing or eliminating 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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