

# Omega-3s May Be Some of the Best Natural Alternatives for Amenorrhea Sufferers

Michelle O'Sullivan January 11, 2019



VitaBreeze Omega 3 Fish Oil

**Omega-3 fatty acids can be obtained by eating nuts, seeds, and cold-water fish and are thought to be essential for the functioning of the brain and body.**

([Newswire.net](https://www.newswire.net) -- January 11, 2019) Orlando, FL --Amenorrhea takes place when a woman is not having a period or menstruating. There are medications and treatment options available for individuals who suffer from this condition, and one potential option may be the use of fish oil supplements.

Omega-3 fatty acids may be some of the best natural alternatives for amenorrhea sufferers. There are certain factors that contribute to the normal occurrence of amenorrhea such as lactation, pregnancy, and menopause.

One of the things that sufferers should know about amenorrhea is that it is not a disease in itself, but is rather a manifestation of another condition. Other factors that contribute to its development are stress, hormonal imbalances, low body weight, and problems with the pituitary gland.

Women who suffer from primary amenorrhea usually experience abnormal blood pressure, headaches, acne, vision problems, and unwanted hair growth. For secondary amenorrhea, sufferers typically experience swollen breasts, nausea, headaches, vision problems, severe thirstiness, skin darkening, and goiters.

Primary amenorrhea may be caused by stress, anorexia, malnutrition, too much exercise, and abnormal chromosomes. Secondary amenorrhea, on the other hand, can be caused by pregnancy, polycystic ovaries, low body weight, hormone imbalance, stress, thyroid problems, and pituitary gland tumors.

There are certain medications that healthcare providers often recommend to sufferers such as birth control pills. However, there are also natural alternatives believed to be helpful for the condition.

Women who suffer from amenorrhea may need to maintain a healthy weight as well as regularly exercise. There are also certain alternative therapies believed to help the body produce and utilize hormones properly.

Having a healthy diet is essential, and this may require limiting one's consumption of processed foods. This may also require eating heart-healthy fats, which includes omega-3 fatty acids.

Omega-3 fatty acids can be obtained by eating nuts, seeds, and cold-water fish. There are also fish oil supplements available that contain high levels of omega-3 fats.

Omega-3s are thought to be essential for the functioning of the brain and body. They are believed to be highly therapeutic, and are even recommended by some physicians to individuals who suffer from certain conditions, such as those affecting the heart.

While these healthy fats can be obtained from eating fish, there are many who prefer to consume it through fish oil supplementation. There are reputable herbal supplement manufacturers who use a molecular distillation process, which works by eliminating the environmental pollutants from fish oil.

Some of the most reputable fish oil supplements have little to no environmental pollutants such as mercury and lead.

([www.amazon.com/omega-3-fatty-acids/dp/B00O8NS20K](https://www.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.

## **VitaBreeze**

*4700 Millenia Blvd*

*Suite 175 F*

*Orlando, FL 32839*

*United States*

*(407) 545-2239*

*[media@vitabreeze.com](mailto:media@vitabreeze.com)*

*<http://www.VitaBreeze.com>*

Source: <http://newswire.net/newsroom/pr/00106753-omega-3s-may-be-some-of-the-best-natural-alternatives-for-amenorrhea-sufferers.html>