

Fish oil omega-3 fatty acids

Psyche & depression

Fish oil (EPA and DHA) has a clear antidepressant effect when used on a long-term basis. In countries with high fish consumption, the number of people suffering from depression is much smaller!

But even impulsively aggressive people can benefit from taking omega-3 fatty acids. Aggressive behaviour improved enormously after taking omega-3 fatty acids for several months.

Dosage: 2000–3000 mg fish oil per day.

Children with ADHD (Attention Deficit Hyperactivity Disorder)

Fish oil (EPA and DHA) promotes brain development and learning ability in young children. The brain consists of 60% fatty tissue. Of these, 20% are omega-3 fatty acids (mainly DHA).

Studies have shown that children with ADHD who took fish omega-3 fatty acids showed a marked increase in the ability to concentrate with a simultaneous reduction in hyperactivity and impulsiveness! «Fidgeters» should take omega-3 fatty acids for longer (approx. 6 months)! It's important to make sure you have the correct dosage form (e.g. chewable capsules with fruit aroma).

Dosage: 500 mg to 1500 mg fish oil.

Use and dosage of fish oil omega-3 fatty acids

Animal fats in meat, sausage, butter or cheese contain large amounts of omega-6 fatty acids (linoleic and arachidonic acid), which produce inflammatory and pain-promoting messenger substances in the body. The omega-3 fatty acids EPA and DHA contained in fish oil are natural antagonists of arachidonic acid and block the production of inflammatory substances. The successful use of fish oil preparations for the prevention or treatment of various diseases is based on this approach. Some well-researched applications of fish oil omega-3 fatty acids are detailed below.

Rheumatic diseases

By taking fish oil capsules for inflammatory joint diseases, better mobility, a significant reduction in pain, a decrease in morning joint stiffness and a decrease in the consumption of painkillers could be observed. Ideally, fish oil can be combined with high-dose vitamin E and glucosamine sulphate preparations.

Dosage: 2000–3000 mg of fish oil per day after a meal.

Cardiovascular diseases:

Blood lipid values/increased cholesterol values/reduced blood pressure

In several large-scale studies, a significant reduction in the rate of heart attacks has been observed. The best-known GISSI study with 5000 participants showed: after three years of taking 1000 mg fish oil omega-3 fatty acids, overall mortality was reduced by 20%, the risk of cardiovascular death by as much as 45%.

Fish oil capsules lower the vasoconstrictive LDL and triglyceride blood lipid levels. They also lower the blood pressure. Tissue hormones formed from fish oil reduce the agglomeration of thrombocytes (blood platelets) in a similar way to aspirin.

Dosage: 1000–3000 mg fish oil per day after meals.

For prevention: 1000 mg fish oil per day.

Tip for lowering cholesterol: Combine fish oil preparations with artichoke extract (daily 2 x 600 mg).



<https://swisshealthproducts.com/en/products/43/vita-omega-plus-30-mg-q10>



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Effect of fish oils

Brain

- Combating the aging process
- Important components of the brain
- Positive effect on behaviour and psyche

Joints

