

♥ Health Minute

Take fish oil to heart...

Last week we discussed how important it is to select a quality fish oil supplement. Now we want to tell you why it is important to take fish oil. There is an exhaustive amount of literature available about the benefits of fish oil for multiple body systems. Since this is the Heart Health minute, we want to get to the heart of the matter first. The table below describes the benefits of fish oil to both the heart and vascular system. What is even more exciting is a recent Japanese study that showed that people with coronary artery disease who took highly purified fish oil together with a statin (crestor, lipitor, pravachol, zocor) had a 19% reduction in risk of major coronary events.



Heart benefits	Vascular benefits
♥ Decreased risk of heart attack	♥ Can lower blood pressure
♥ Prevents arrhythmia (irregular heartbeats)	♥ Improves platelet function
♥ Protects against enlargement of the heart	♥ Reduces inflammation
♥ Lowers heart rate	♥ Slows plaque formation
	♥ Stabilizes existing plaques