

Are Fish Oils that Important?

Often we hear that we should take our fish oil capsules or be eating more fish. This is generally true, but needs to be clarified. The Omega 3,6, and 9 fatty acids are taken up and used by the body to create the cell linings around each cell. In order to work properly, this lining must be both pliable and permeable (allowing nutrients in and waste products out). If one's diet consists of the wrong types of fat such as transhydrogenated fats and other ingredients such as artificial sweeteners and preservatives, these will become the makeup of cell linings and they become comparable to plastic-non-pliable and non-permeable (no absorption). Fish Oil capsules contain a balance of Omega 3 and Omega 6 fatty acids referred to as EPA and DHA. These are extremely beneficial for building healthy cells. Fish such as Halibut and Salmon are very good food sources for these, but usually not if they are grown in a fish farm, where they are fed unnatural things. The other concern in fish oil capsules is the presence of heavy metals such as Mercury, Cadmium, Lead and PCBs which can be carcinogenic. We carry these guaranteed pure products at our pharmacies. For more information, please visit our website www.Larryspharmacies.com or come into the stores and see Larry or Jack.