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FISH vs KRILL vs COD

it's not a competition ...

The old saying that 'oils ain't oils' rings true in the world of Omega 3. But what's the difference and what do they do? Tracey gives you some facts about the most popular Omega 3 oils we take today that help us feel tip-top.

Fish oil An oldie but a goodie, we're talking about fish skin oil here, the most commonly used fish oil, not cod liver oil (more about that one later).

Made from oily fish such as mackerel, herring and salmon, fish oil is abundant in omega-3 essential fatty-acids called EPA & DHA.

It's a challenge for your body to make these on its own, so therefore important to get them through diet or supplements. Fish oil is proven to support cardiovascular health, help depression, improve concentration in kids, and help provide relief of inflammatory conditions like arthritis and eczema. It's the DHA in fish oil that has an important role to play in the healthy development of baby during pregnancy.

The right dose is important, so find what it is for you.

And a word on quality ... PCBs, dioxins, pesticides and mercury ... who needs them? But chances are, most of you are unknowingly using fish oil loaded with these nasties. So how can you tell if it's pure and fresh? Thankfully, really pure fish oil exists and there are a few easy ways to tell the cheap and nasty from the pure and fresh.

Krill oil Krill oil is touted as a stronger option than fish oil, where you need to consume fewer capsules than its ocean counterpart, but there is a big difference and in fact, you can take both at the same time.

It's made from Antarctic Krill, which are

red, prawn-like crustaceans. What sets Krill apart from fish oil is namely two substances called Astaxanthin and phospholipids. The potent antioxidant Astaxanthin is a great anti-inflammatory for rheumatoid and osteoarthritis. It has been shown that Krill oil can produce its benefits on joint inflammation in around 7 to 14 days! Other benefits include supporting healthy cholesterol levels, promoting a healthy immune response and preventing muscle fatigue in athletes.

Virtually all of the EPA and DHA in Krill oil are bound to phospholipids, little 'packages' that deliver the omega 3 to your cells, making them really easy for you to absorb which is great news and for this, Krill oil gets a big tick!

Cod Liver oil We know, Cod Liver oil ... eww! Stop making faces and bear with us, OK? It's come a long way!

Cod Liver Oil contains lesser amounts of EPA & DHA. But it's loaded with Vitamin A and the sunlight vitamin, D, making it a great oil to take during the cooler months.

It supports your immune system and maintains the integrity of the cells that line your respiratory tract. The oil of choice for your ankle-biters and anyone prone to colds and flu in winter.

So there you have it. A better understanding?

As with any health supplement you consider using, always consult your healthcare specialist first.

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