

GABRIELE

FITNESS & PERFORMANCE



The Power of Fish Oil

By Tom Langton

Our clients ask great questions on a daily basis, but one that pops up all the time is about supplements. People want to know the best type of supplements to burn fat, build muscle or just improve overall health. Walk into any health food or vitamin store and you can find thousands of products, all of which claim to be beneficial to your health in some way. The hardest thing to do is sort through them all and figure out which ones actually work and are worth the cost and effort. Many supplements work, but how many of them are ESSENTIAL to your health and well being? One supplement that is essential to about 95% of all people is Fish Oil.

You have probably read about the benefits and importance of Omega 3 fats and getting them into your diet, but do you really know why they are so important or what that even means?

Basically, in regards to fat intake, your body needs a even 1:1 ratio of Omega 6 to Omega 3. However, 95% of people are no where close to this ratio. Most people consuming an average "western" diet are somewhere between 10:1 and 40:1. When people hunted their own food and lived primarily on a diet of wild meats, fruits and vegetables, this ratio was met with no problem. However, as people began consuming more grains, sugars and processed foods, along with farm raised meat, the ratio began to change drastically.

Omega 3 fats are found in wild fish and wild game, among other sources. While Omega 6 fats are found in wheat, grain, breads and most processed items. So you can see how easily the ration can swing.

So your probably asking what the health benefits are of upping your Omega 3 intake. Well, that is a list that is too long for this article, so I'm only going to highlight a few of the benefits.

- Helps reduce the risk for many diseases, including diabetes, cancer and cardiovascular disease.
- Helps reduce inflammation throughout the body, leading to less of the "aches and pains" of everyday life
- Also reduces inflammation associated with training, which will help increase and speed up recovery

- Can increase the bodies metabolic rate, aiding in fat loss

So unless you have your bow and arrow ready to go hunt some wild game or want to increase your consumption of wild caught fish, supplementing with fish oil is your best bet.

Of course, we highly recommended that you consult with your doctor before starting any type of supplement program, as fish oil can have negative reactions with certain medications or pre-existing health conditions. However, this is certainly a supplement that can benefit the majority of people and help you reach your health and fitness goals.

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