

[IMAGE]

Fish For Better Health

When it comes to consuming fish, the benefits you can reap are countless. Recent studies have shown the omega-3 fatty acids that fish provides are not only good for your heart, but can also help with better moods, abnormal heartbeats and even lowering blood pressure.

To get many of these benefits, the American Heart Association recommends eating at least two servings of fatty fish per week to help reduce the risk of cardiovascular disease. For people with coronary artery issues larger dosing through supplementation is also recommended.

Fish is also a good protein for those who don't wish to consume red meat or poultry. One thing to be aware of when consuming fish is to avoid consuming fish that may contain high levels of mercury, PCBs (polychlorinated biphenyls) and other environmental contaminants.

Here are some few tips to help you to incorporate fish in your daily diet:

- Try to avoid eating fish with the potential for the highest level of mercury contamination such as shark, swordfish, king mackerel or tilefish.
- Try to eat up to two servings of fish a week that are low in mercury such as canned light tuna, salmon and catfish.
- Try a variety – eating a variety of fish helps to keep your intake interesting and tasty.
- Before taking any supplements, consult with your chiropractor. Talk to your doctor of chiropractic about what types of omega-3s may be best for you.

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/article.php?id=1494&no_paginate=true&no_b=true