



Dr. Malott-Brechtel

Something's Fishy!

Dear Dr. Brechtel,

I am taking a fish-oil supplement but don't seem to be feeling any different. Should I stay on it?

The first question to ask yourself is why are you taking a fish-oil supplement? If it is to reduce inflammation in the body, then yes. Fish-oil supplements are excellent, and potent, blockers of inflammation. They are generally well tolerated, and very safe to take long term.

The key ingredient in fish-oils are EPA and DHA. These omega-3 fatty acids impede enzyme reactions in the body that produce inflammation, making EPA & DHA whole-body anti-inflammatory agents. So not only are you helping cardiovascular inflammation, but also liver, kidney, brain, etc.

The concentration of EPA & DHA in the oils vary. I only carry the highest grade of omega-3's in my clinic. Watch buying discount Fish-oil because your paying for junk (non-EPA/DHA) oil. Flax oil contains high levels of precursor oils (ALA), but because it requires metabolism to become EPA it may not work in everyone. For even more potency, try Krill oil!

Dr. Mary Malott-Brechtel is a chiropractor and Board Certified Clinical Nutritionist and can be reached at (409) 744-2225 or via www.malottchiropractic.com