



What is Fish Oil Good For: Explains the benefits of fish oil including fish oil for dogs and fish oil omega 3 content. Fish oil benefits are compared with omega 3 fish oil side effects

Charles Moden

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What is Fish Oil Good For examines the usefulness of fish oil supplements in treating such conditions as heart disease, cancer, rheumatoid arthritis and asthma. The omega 3 fatty acids in fish oil are also useful in treating nervous conditions and in achieving weight loss. Pets such as dogs and cats also benefit from fish oil in their diet and a lot of their conditions are similar to those in people. Fish oil can be taken as a supplement or by eating more fatty fish in the diet. The benefits of fish oil are compared with any side effects that could occur, and in particular the dangers of some sources of fish oil. Fish oils have been used for years as a dietary supplement but is only just becoming clear the extent to which fish oils can benefit our bodies. Read this book and find out the exciting news about how fish oils could be really good for you.

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