OMEGA-3 FISH OIL – A CURE ON CANCER DISEASE

By:
Daisy Mae Z. Gonzales

Many of us Filipinos may choose to eat fish instead of pork, beef and others because fish is affordable to us and considering one of the staple food to human consumption and it has a lot of nutrients. Some studies occurs that fish has a substance in their flesh that lead to a potential medicinal for human and it is called the “Omega-3 Fish Oil”

Fish oil is oil extracted from the tissues of oily fish. Fish oils contain the Omega-3 fatty acids that is good for the body of human with the right amount and known to reduce inflammation in the body and improve hypertriglyceridemia.

In the 1970’s, investigators discovered that Eskimos, particularly Greenland Inuit, and other populations, such as the Japanese, had very low rates of myocardial infarction and other coronary events, despite consuming large amounts of fat derived from fish.

This was in the middle of a low-fat diet craze. Cardiologist were stating that high-fat diets could potentially accelerate cardiovascular disease, so even healthy people were avoiding fats and oils and instead consuming artificial butters and high-carbohydrate foods. (Gunda Siska, Pharm D.)

The fillets of oily fish contain up to 30% oil, but this figure varies. White fish, such as cod, contains a high concentrate of oil in the liver but less oil overall. Oily fish are rich in omega-3 fatty acids such as anchovies, herring, sardines, salmon, trout and mackerel. Aside from fish, vegetable can be an alternatives to fish oil (Reviewed by Debra Rose Wilson, PhD, MSN, RN, IBCLC, AHN-BC, CHT)
Here are one evidence that the Omega-3 Fish Oil- A cure on Cancer Disease:

1. Prostate Cancer – study found that fish oils, alongside a low-fat diet, may reduce the risk of developing prostate cancer. However, another study state that higher omega-3 levels to a higher risk of aggressive prostate cancer. Research published in the journal of the National Cancer Institute suggested that a high fish oil intake raises the risk of high-grade prostate cancer by 71%, and all prostate cancers by 43% 

References:

https://www.medicalnewstoday.com
https://www.pharmacytimes.com