

# Omega 3 Fish Oil: The Secret Connection to Gout

**F**ish oil and **gout** have been frequently linked and several studies have been conducted to show a direct cause and effect relationship between the two. The result is a recommendation that gout sufferers take a fish oil supplement on a regular basis in order to combat common symptoms of the disease. There is still some debate about the efficacy of this approach, but it is quickly gaining in popularity.



## Gout is a Form of Arthritis that is Usually Limited to One Particular Shared

It can occur in a joint, yet the big toe is the one most commonly affected. The condition results from **uric acid**, a form of waste matter, building up in the joint and forming crystals. These crystals make movement of the shared extremely painful and can lead to inflammation of the joint as well.

Is inflammation that first drew doctors and homeopathic practitioners to take into account a possible connection between fish oil and gout. The Omega 3 fatty acids found in fish oil have proven anti-inflammatory properties, which makes them a powerful weapon against a number of conditions including asthma, heart disease and also arthritis. Reducing inflammation can go a long way toward reducing the pain and stiffness associated with gout.

While Omega 3's are found at high levels in fish such as tuna, salmon, herring and mackerel, it can be difficult to get the necessary amount of these important nutrients through your regular diet. That's why most doctors recommend taking 2 fish oil capsules or one tsp. of fish oil daily to help alleviate symptoms of gout and other arthritic conditions.

## Of Course, When It Comes to Fish Oil and Gout, Not All Supplements are Created Equal

You want to be sure that your supplement contains no byproducts, only pure Omega 3, so that you can get the utmost health benefits. When you look at the content label of any supplement you consider taking, that ought to indicate that it is made from the freshest achievable elements and manufactured very carefully to be able to protect nutritional value.

Fish harvested in the pristine waters away New Zealand offer the best source, as they are virtually pollutant free. These fish, harvested for maximum quality and specially processed in order to retain their total Omega 3 content, make for the single most effective fish oil health supplement on the market today. For individuals suffering from inflammatory conditions, this is particularly important.

While the link between fish oil and gout is significant, even fish oil does not represent a cure for the disease. You need to combine fish oil supplementation with other approaches which includes acupuncture, homeopathy or prescription anti-inflammatories if necessary. Eating a balanced diet that avoids rich foods and cutting out alcohol can also help to simplify **gout symptoms**.

Gout is an issue for you, find the natural approach to reducing irritation and lessening your pain by taking a great Omega 3 DHA fish oil supplement on a daily basis. It could help you to adopt the next step along your life's journey pain free!

## James Brown is Passionate about Health and Fitness

I am sure you are worried about your health; therefore, suggest you consider adding omega 3 fish oil to your daily diet. You may get a free of charge fish oil buyer's guide and obtain additional information on omega3 fish oil through going to: [Benefits Of Omega 3 Fish oil](#).

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