



Enhance your animal's health with Omega 3's

As with humans, our animals need optimal amounts of various nutrients to stay healthy and to perform at their best. Omega 3 fatty acids which are found in high quantities in flax oil and fish oil are of utmost importance for normal function.

Omega 3 fatty acids are easily damaged by exposure to excessive heat, air and light, which causes them to lose their therapeutic effect and become rancid. Animals who eat processed food are likely to be deficient in these fats. Further to this, exposure to environmental pollution uses up antioxidants that normally protect and preserve omega-3 fatty acids in the body.

Omeegas 3's are used by the body for a variety of functions. Some indications that animals might be deficient include a dry coat, flaky skin, stiff joints, cracked hooves or claws, poor reproductive performance, temperamental behaviour, fatigue, slow recovery and lowered immunity.

These beneficial fats help to increase oxygenation, which is the supply of oxygen to cells. This is very important for just about every bodily function and can help to increase performance and to markedly improve recovery from strenuous exercise. The higher levels of oxygen also make it difficult for infections to develop.

Another tremendously valuable attribute of these fats is their anti-inflammatory properties which makes them exceptionally helpful for conditions such as allergies, asthma and other inflammatory conditions like arthritis. In addition to this they also help to cushion the joints bringing tremendous relief to many animals with sore and stiff joints within days.

Nutrients are transported into the body's cells and waste products out of the cells via the surrounding cell membrane. If the cell membrane has poor structure, this can't happen efficiently and cells become damaged. Omeegas 3's are a very important component of the cell membrane.

Animals which consume optimal amounts of omega 3's have good cell membrane structure which gives them shiny coats and an added barrier of protection of their skin. Omeegas 3's are extraordinarily effective at helping with eczema, skin allergies and cracked hooves and nails.

The normal development and function of the brain and nervous system as well as the production of many hormones, especially those associated with the reproductive cycle are dependent on omega 3 fatty acids. Animals who are cycling poorly or who have temperamental and nervous behaviour are likely to benefit from these fats too. Obese animals will also be aided in burning body fat.

Supplementing with fish oil free of heavy metals and other impurities or good quality flax oil, has major health benefits for our animals. Flax oil doses for small dogs and cats is 5 ml (1 teaspoon), 5 – 10 ml for medium sized dogs, 10 – 15 ml for large dogs and for larger animals such as horses and cattle 15 – 20 ml per 100 kg on a daily basis and will work wonders for their health.