

Health Minute™

Stop that fishy burp...

We have expounded upon the benefits of fish oil in this column on numerous occasions. Unfortunately, a small percentage of people cannot or will not take fish oil because of the dreaded “fish burp.” Those who have experienced the “fish burp” first hand will tell you that it is an incredibly unpleasant sensation. If you have stopped taking fish oil because of the “fish burp,” we ask you to try again using some techniques we have found successful with our patients. Your patience will be rewarded with a healthy heart and body.



Fish burp prevention	Fish burp prevention
<p>Start with high quality oil – cheaper oils may already be rancid.</p> <p>Take your fish oil with the largest meal of the day.</p> <p>Always take it after a meal – the bile salts produced by eating are necessary for your body to absorb fish oil properly.</p> <p>Store your oil in the refrigerator or freezer. This hardens the gelatin on the outside and makes the capsule take longer to dissolve. (Only high quality oils can be frozen.)</p>	<p>Store your oil in the refrigerator or freezer. This hardens the gelatin on the outside and makes the capsule take longer to dissolve.</p> <p>You can take multiple capsules at once (if you only have one large meal each day).</p> <p>Be patient – it takes time for your body to develop the enzymes necessary to break down the fish oil.</p> <p>Avoid taking fish oil with a carbonated beverage – you are just inviting trouble.</p>