



The Thrill of Krill: What You Should Know About Krill Oil (Paperback)

By Dennis Goodman

Square One Publishers, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. For over three decades, medical researchers have been extolling the many health benefits of a fatty acid called omega-3. Within omega-3 are three essential fatty acids: EPA, DHA, and ALA. These substances are called essential because they are absolutely necessary for the proper function of the body. And the range of tasks they perform is truly staggering: They protect against heart attacks, they lower blood pressure and cholesterol, they reduce arthritis and premenstrual pain, they improve memory and stave off depression, and they fight wrinkles and skin disorders. They are found in plant foods, such as seeds and nuts, and in cold water fish, such as salmon, but new research shows that there is a more potent and absorbable source of omega-3 that may offer greater protection. Written by best-selling author Dennis Goodman, MD, The Thrill of Krill is the first book to provide a clear understanding of why krill oil is a must for everyone interested in restoring and maintaining optimum health. Krill are tiny shrimp-like creatures found in the ocean. To a great extent, they make up the diet of most sea life,...



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