

Omega-3 can fight colon malignancies

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Adopting a diet rich in fish oil and other omega-3 fatty acids can lower the risk of developing colon malignancies, a new study finds.

Previous studies had reported that taking fish oil supplementations is heart and brain tonic, can fight inflammation and has cancer-fighting properties.

The supplements, however, are reported not to be effective in improving the cognitive abilities in the elderly.

According to the study published in the *American Journal of Epidemiology*, the consumption of increased levels of omega-3 can halve the risk of colon cancer; the most prominent benefit is shown in white Americans.

Eicosapentaenoic acids (EPA) and docosahexaenoic acids (DHA), the two main fatty acids found in fish oil, are linked with the reduced risk of colon cancer reported in omega-3.

While omega-6 does not influence the risk of developing colon cancer, individuals taking higher amounts of omega-6 fatty acids in relation to omega-3s are more vulnerable to the disease.