

Eat More Fish!

Dr. Reginald B. Cherry says that by eating more fish and/or taking fish oil daily you can lower your risk of heart disease by 50 percent.



I love fish, especially salmon, and have heard that it's good for me. But I'm finding it difficult to eat it more than once or twice a week. What else can I do? **S.B., Redding, California**
Answer: Fish does, indeed, have incredible health benefits. In fact, by including fish in your diet (or taking fish oil supplements daily) you can lower your risk of heart disease by 50 percent, your risk of death from hardening of the arteries and stroke by 45 percent, and your risk of death from all causes by 27 percent.

And to think: This important nutrient comes right out of Genesis 9:3 where, after the devastation of the plant kingdom from the flood, God added certain animal products to our diet to protect us. One of these animal products is fish. (It's interesting that the last meal Jesus consumed on Earth consisted of fish!)

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