



Women's Health Library

## Fish Oil Ends Arthritis Pain



Dr. Patricia Beckstead  
Founder

### Additional Recommended Supplements for Optimal Health...

#### Foundation of Health:

- [Ultimate One](#)
- [CoQ10](#)
- [Omega 3 Fatty Acids](#)
- [Greens N' Things](#)
- [Chewable Calcium & D](#)  
or
- [Liquid Cal-Mag-Zinc](#)

These supplements may be purchased on Our Store:

[FreedomFromMenopause.com](http://FreedomFromMenopause.com)

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. WARNING: Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

### Fish Oil for arthritis pain:

A recent study demonstrated fish oil supplements worked just as well as NSAIDs (nonsteroidal anti-inflammatory drugs) for patients with neck and back pain (not related to surgery). This makes sense, because fish oil reduces inflammation (and therefore, pain) in the body in the same fashion as NSAIDs.

The researchers also pointed out what many other experts agree on: Fish oil supplements are also a safer alternative to ibuprofen, since NSAIDs can harm the liver and may lead to stomach bleeding over time. The above study was published in the April 2006 *Surgical Neurology* and studied 250 patients who received either 1200 mg or 2400 mg of omega-3 fatty acids while taking prescribed NSAIDs. Fifty-nine percent of subjects were able to cease prescription medication and continue fish oil alone.

### Fish Oil may reduce the risk of Age related Macular Degeneration (AMD)

Two related studies:

The first study, done in the US, included 681 elderly men and noted those who ate fish twice per week had a 36% reduction in risk of AMD.

The other study involved 2,258 older adults in Australia and showed those who ate fish once a week lowered their risk of AMD by 40%. For those who ate fish three or more times a week, the chance of developing AMD was reduced by 70%. Scientists speculate omega-3 fatty acids (found primarily in fish oil, flaxseed oil, and certain nuts) reduce inflammation and help neutralize free radical formation—a key factor in the cause of AMD.

AMD is the leading cause of blindness in Caucasian Americans, and the prevalence of low vision and blindness is expected to increase tremendously by the year 2020, according to the National Eye Institute.

Our recommendation: **Concentrated Omega 3 Fatty Acids**