



# *Wellness Update October 2013*

## *by Susan Hanly - Naturopath*

### **Fish Oil for Inflammation**

#### **Fire Lighters**

Does pain reduce your vitality and impair your quality of life? Unfortunately, many people experience pain on a daily basis; whether it is a sharp pain, a dull or persistent ache, this is your body's way of telling you that inflammation is present. You might be aware of inflammation's presence like a fire being lit within, caused by an injury, back pain or in conditions such as arthritis. Inflammation may also be an underlying cause in muscular aches, period pain, headaches and digestive disorders such as irritable bowel syndrome. Inflammation can also be triggered by poor diet, poor lifestyle choices such as lack of exercise or smoking and stress. All of these can keep the inflammation fire burning. Fish oil is an effective natural option to help you reduce the pain of inflammation.

#### **Fuelling the Fire Within**

The term "inflammation" comes from the Latin word, 'inflammatio' which simply means, 'to set on fire'. Typical symptoms of inflammation include pain, redness, heat and swelling. Inflammation is a natural response to something that causes irritation. Its two main actions are to protect and heal; it is a way for the body to seal off the area, kill off any invaders, remove damaged tissue and cells and allow the area to repair.



#### **Friend or Foe**

Inflammation may be short term in response to an injury or irritation, however in some cases this can progress to become chronic pain and start doing more harm than good. Decreasing inflammation can help alleviate pain and increase your vitality and quality of life again. Pharmaceutical anti-inflammatories are commonly used to decrease pain and inflammation; however, they also carry the risks of damaging your digestive tract.

#### **Fight Fire with Fish**

Fortunately, fish oils provide a safe and effective strategy to help dampen down the fire of inflammation. Omega-3 essential fatty acids, especially the constituents EPA and DHA from fish oil, have been shown to have anti-inflammatory effects when taken at therapeutic levels.

- Research has shown that fish oil can have pain relieving and anti-inflammatory effects in arthritis sufferers. A daily dose of 2.7 g of combined EPA/DHA significantly reduced joint pain and morning stiffness in patients with rheumatoid arthritis, who were able to reduce intake of pharmaceutical pain medication.
- High quality, highly concentrated fish oil formulas are an easy and affordable way to achieve the 2.7 g dose of EPA and DHA daily. I can recommend the most appropriate fish oil supplement for you.

#### **Fish Oil Quality and Purity**

Not all fish oils are equal. Insist on only using fish oils of the highest quality and purity, sourced from small, cold water fish using eco-fishing practices. For optimal health benefits, it is important to ensure that the concentrated fish oils are well below Australian allowable standards for contaminants such as heavy metals, pesticides and solvents.

#### **Fresh Food Is Anti-Inflammatory**

The modern Western diet is inflammatory. Food has the ability to produce or reduce inflammation. Diets high in sugar, processed foods and foods high in 'bad' fats such as hydrogenated and trans-fatty acids are pro-inflammatory. Making positive food choices can create lasting healthy eating habits for life.

## **KU-RING-GAI NATUROPATHIC CLINIC**

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- Eat seasonally, fresh and organic as often as possible.
- Choose two serves of fresh fruits and at least three cups of fresh vegetables daily.
- Include herbs and spices in your cooking, especially ginger and turmeric.
- Include healthy oils, nuts and seeds in your diet.
- Minimise consumption of processed, refined carbohydrates (e.g. white bread, pasta, cereals, and cakes).
- If susceptible, dairy products and gluten containing grains can trigger an inflammatory response and are best avoided.

## Holistic Management of Inflammation

With the support of individualised fish oil supplements, positive lifestyle changes can also help decrease your pain and inflammation:

1. Enjoy exercising as this provides long term anti-inflammatory effects. Movement is essential for health and vitality.
2. Maintain a healthy weight, as obesity increases inflammation. Talk to me about how you can ' Shake It' off and feel great.
3. Quit smoking.
4. Talk to me about identifying the many underlying causes of inflammation. Discover what your personal fire starters are, so you can be on your way to feeling great.

## Freedom from Pain and Inflammation

Don't allow chronic pain and inflammation to fuel your life. Address the underlying causes of your inflammation now and take steps to put this fire out. With high quality fish oil, some dietary and lifestyle modifications and my support, you can regain your life and the freedom to enjoy daily activities and the future. Talk to me today about breaking free from the bonds of pain and inflammation.

## Dr Google Diagnosis

The information given in these Wellness Updates is for your general information and to help you understand how some of the common health conditions are caused and can be treated and when you may need to seek professional help.

I feel I need to draw it to peoples' attention that self diagnosis via Dr Google while sometimes can be helpful it can also be **very inaccurate and potentially dangerous**. As people diagnose themselves via Dr Google they then go online and buy the suggested supplements. You actually have no idea whether the signs and symptoms you are reading about are actually accurate along with the diagnosis. You then shop online for the remedy not knowing whether you are embarking on the correct treatment for your symptoms or have any idea of the quality of the cheap supplements you are getting. **Is this the best way to achieve good health – I think not!** It may be cheaper but **what price do you actually put on good health?** I see numerous patients who think they have a particular disorder because they have looked it up on the internet and when I go through a comprehensive assessment with them it becomes quite obvious it something quite different. **Dr Google can't see you** to assess if you look well or unwell, nor take your blood pressure, nor see the what your tongue looks like nor conduct a Live Blood Analysis or a Bioimpedance Analysis!

GPs actually have to spend a lot of unnecessary time and energy trying to prove to patients that they do not have the disorder they have diagnosed themselves as having via Dr Google.

Good assessment and treatment comes from consulting **an experienced Practitioner** who can actually see you and speak to you and then prescribe **a good quality safe treatment** that is appropriate to you today.

*Good health comes from educated assessment and prescription of good quality efficacious treatments. Call me today and make an appointment.*

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