

Fish oils and joint pain

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Foods rich in omega-3 are believed to have an anti-inflammatory effect, which may reduce the pain associated with inflamed joints. In addition to treating inflammation, Omega 3 has been shown to reduce the joint stiffness and pain in patients who have taken Omega 3 supplements.

Omega 3 fatty acids are primarily found in oily fish such as salmon, fresh tuna, mackerel, herring, sardines and pilchards. The best way to get sufficient omega 3 is naturally through our diet. We should eat two portions of fish per week, one of them oily. Flaxseed oil which is also known as linseed oil is six times richer than most fish oils in and its oil are perhaps the most widely available botanical source of omega 3. You can buy flaxseed in supermarkets and you can add to the likes of porridge and yogurt to boost your omega 3 levels

Lyprinol[®] is a highly potent omega 3 supplement available in Whelehans. Trials have shown that Lyprinol[®] has 200 to 300 times more anti-inflammatory potency than other Omega 3 supplements. I find it relieves inflammation and pain to varying degrees of success in a high percentage of people who try it.

While Lyprinol may ease symptoms, it should not be considered as a stand-alone treatment for inflammatory conditions like rheumatoid arthritis. It is not a substitute for proper medical assessment and treatment. You should always speak to your GP or physiotherapist if suffering from joint pain.

Omega 3 supplements should not be taken if you take warfarin as it increases the effect of warfarin so can increase the risk of bleeds.

Disclaimer: Supplements are not meant as a substitute for a balanced diet.

For comprehensive and free health advice and information call in to Whelehans, log on to www.whelehans.ie or dial 04493 34591.