

Health Minute

Oh those aching joints...

One of the most important things you can do for your heart is exercise. For 1 in 3 Americans, arthritis is a barrier to participating in physical activity. Luckily the fish oil you take for your heart can also be of benefit to your joints. There are piles of research articles that demonstrate that arthritis sufferers who take high-potency fish oil supplements experience such an improvement in their symptoms that they need less pain medication. Fish oil actually inhibits the body's inflammatory response which decreases pain. Less pain means that you may be able to get out and exercise more to keep that ticker ticking.



Oil those joints	Fish Oil Science
Reduced tenderness in joints Decreased morning stiffness Decreased use of anti-inflammatory medication Increased walking pace Joints feel better so you can do more	Decreases inflammatory markers (c-reactive protein, arachadonic acid, leukotrienes) Reduces the activity of cartilage-destroying enzymes Effective doses vary (1600 to 3000 mg/day) – discuss with your doctor.