

Health Tip of the Week
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Aches and Pains Part 1

Many of us are suffering with what are often times referred to as **normal aches and pains**. We assume that they are just a part of life. After all “We have to expect a few aches and pains, we are getting older” my grandma used to say. Her joints hurt, her back bothered her quite frequently and she had to get up earlier to move around for a bit before she could start her day.

Sound like someone you know?

Our body uses enzymes to do everything. Enzymes are the workers within. No enzymes and we are goners. In fact the pain you feel is because of these enzymes. These particular enzymes, that trigger pain, are actually trying to repair the area that is injured. Have you ever given a young kid a job to do and not supervised their work. You might get the job done to your satisfaction or it may turn out with a few hitches. The enzymes that create the healing process in the body are like young kids. They will go all out to please you but without supervision they often times over do it.

OK lets replace some words and put this together. The enzymes that cause the swelling (that is part of the healing process) are called COX II enzymes. Imagine that your body has some biological imbalance that is allowing your joints to ache. These Cox II enzymes come in to save the day. The area swells up and healing begins. That is a normal part of the process. Unfortunately these enzymes need supervision like kids do because they will over heal the joint and do more damage than good. The supervision for this job comes from the enzymes in the fish oils. The supervisory enzymes are called Cox I enzymes. They help regulate the healing process in the body. Fish oil (Cod liver oil) is the best source for these supervisor enzymes. (Now don't get all gagged up. There is fish oil out there that taste good and has no after taste.) There are substitutes for this also.

Of course there is more to this story but that comes in Aches and Pains Part II.