

Health Tip of the Week
By: Dr. Jerry WineBrenner N.D., D.N.H.

Aches and Pains Part II

So we need fish oil to provide the enzymes that regulate the healing process and stop the aches and pain we suffer with? We taught in the part I that Cox II enzymes can over heal the joints and do more damage than good which leads to the chronic joint problems people suffer. The Cox II enzymes, used to repair the body, come from the cooking oils we use. Fried foods, French fries, oils added to breads and recipes all add up to a lot of polyunsaturated vegetable oils in our diet. This makes it easy for the body to create inflammation and pain with every unexpected bump and twist. In fact the average American gets 20 times more of these cooking oil enzymes than they actually need. Of course Oils are important to the body. You have by now heard of the Omega 3, and 6, essential fatty acids. Well the omega 6 fatty acids are the plant oils. They provide the Cox II enzymes. Most of us use the plant oils everyday in our cooking. No problem there unless you are not getting enough Omega 3 fish oils to balance the Omega 6 plant oils.

There is one popular plant source for the Omega 3 oil. Flax seed but the body does not use flax oil very effectively. Flax seed oil goes rancid and oxidizes very quickly in the body causing more damage and pain. Not the effect we are looking for. Fish oils are really the best source of the Cox I enzymes. Borage oil is the next best as a plant source.

Getting the proper ratio of the Omega 3 fatty acids and the Omega 6 fatty acids is important to regulate pain in the body. The optimal ratio of omega 3's to omega 6's is 1 to 2. The right amount of liquid Fish oil is from 1 to 2 tablespoons a day depending on how much you weigh and which product you are using. The average dose is between 1,000 and 2,000mg a day for the capsules. Taking this amount will give you pain relief in around 6 weeks. After your pain has subsided you can back off to 1 tablespoon a day. The omega 6 oils should be limited to 2 or 3 tablespoons a day. Remember it is these oils that provide the enzymes that trigger pain. Excessive plant oils also raise the LDL bad cholesterol and promote weight gain. More information in "Aches & Pains" part III.