

Aches and Pain Part III
Health Tip of the Week
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If you have been following this series you have learned about how the plant oils, used for cooking, deliver the Cox II enzymes to the body. These enzymes trigger the pain/inflammation reactions we feel. There is another point worth making here before ending this series. In his book Inflammation Nation Dr. Chilton says, “Diet is the major factor behind the inflammation epidemic”.

But Dr Jerry: “I eat a healthy diet with allot of vegetables, fish several times a week and I watch how much fat I eat.”

“Why does my arthritis flare up so often?”

“Why do I get so many headaches or sore muscles and my allergies seem to be going crazy all the time?”

Animals and Fish produce an acid in their body called arachidonic acid (AA). This AA is part of our diet when we eat these meat sources. Our human body makes AA also but very little and certainly not enough to create inflammation and pain. As we consume certain types of meat/fish high in this AA we have provided the gasoline needed for the Cox II enzyme to trigger massive reactions. Even the good fish oils may be high in this AA and cause pain. The source of meat and fish is important, as is the source of Fish oil supplements. If you are suffering from pain and inflamed joints, AA is probably the culprit.