

Healthy Handout

Volume 1
Issue 2

Can Fish Oil Help Arthritis?

In This Issue

Fish Oil



QHD Recipe



Schedule of
Events



Coupon!

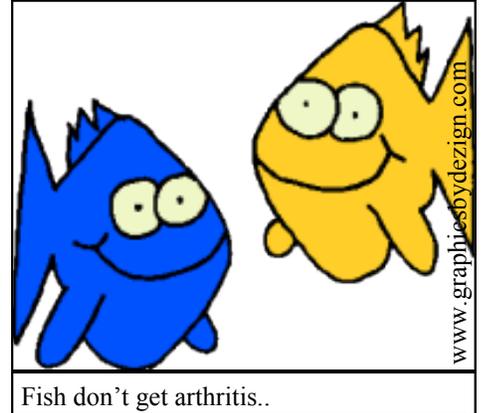
If you suffer from arthritis pain, chances are you've tried one or more prescription medications. However, you might be worried about side effects or how your arthritis medication will react with other drugs you may be taking. Luckily, there is a natural supplement that could help your arthritis symptoms while providing other health benefits as well.

Fish oil.

Don't stop reading. Ignore all those memories of your mother shoving a spoon down your throat. There are easier ways to take fish oil that will be discussed later. First, it is important to explain how fish oil can help arthritis symptoms.

Prostaglandins are hormone-like substances that regulate inflammation in our bodies. Vegetable oils and meat from animals fed with grain produce Omega 6 fatty acids, which encourage inflammatory prostaglandins. Omega 3 fatty acids, which come from foods like fish and flax, produce anti-inflammatory prostaglandins.

Jade Beutler's article "Improving Joint Mobility with Omega 3 Oils" states that eating high amounts of Omega 6's is responsible for "worsening the symptoms of inflammatory conditions." Unfortunately, the average American diet does not promote a balance of Omega 3's and Omega 6's.



Fish don't get arthritis..

According to Herb Joiner-Bey's article "Flaxseed Oil and Fish Oil," "the ratio of Omega-6 to Omega-3 fatty acids typically found in Americans' tissues is 10:1 to 20:1, when most experts agree it should be no more than 4:1."

Fortunately, it is possible to supplement your diet with Omega 3 fatty acids without eating fish for every meal. Flax oil and fish oil are both good sources of Omega 3's. The only difference is the type of acid that each contains.

Flax oil contains ALA, and fish oil contains EPA and DHA, which help regulate inflammation. While your body can convert some ALA to EPA and DHA, fish oil is a direct source of both types of acid and requires no extra processing from your body. Of course, if you're allergic to fish,

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Store Information

Healthy Habits Natural Market
1120 Centre Turnpike
Orwigsburg, PA 17961
Phone: 570-366-2620

Hours

Mon-Fri 9 a.m.-7p.m.
Sat..... 9 a.m.-5 p.m.



“Making it easier to be healthy.”

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flax oil or ground flax seed will be your best option.

It's no secret that most people don't like the taste of fish oil. If you can't stand the liquid, fish oil also comes in pill form. Generally, fish oil pills have a lower concentration of DHA and EPA than the oil, but they are still beneficial. Of course, no matter what the quality of the fish oil, some people find themselves burping up the fish taste from the liquid and the pills.

Luckily, Barlean's has created Omega Swirl Lemon Zest, a lemon-flavored treat with the same concentration of Omega 3's as fish oil pills. Only it tastes more like a dessert than a supplement. Even people who have had problems digesting fish oil in the past have told us that this works for them.

Skeptical? Stop by the store. We have plenty of samples.

Now comes the disclaimer. If you take fish oil for joint pain, you may notice some side effects. For instance, your cholesterol levels may improve, or you may have more energy and endurance. You might even find it easier to focus and concentrate at work or school.

There you have it, a supplement for joint pain with beneficial side effects. Before you start taking fish oil, it is important to consult with your family doctor or natural health care practitioner.

Upcoming Events

March 21

Weight Loss Surgery Group
11:00 a.m.



March 23

Gluten Free Group
6:30 p.m.



March 28

Coffee House & Art Show
7:00 p.m.



March 30

Natural Digestive Remedies
6:30 p.m.



Questions?

Visit our website for more information about our programs.



Quick ~ Healthy ~ Delicious



Flax Oil Salad Dressing

- 6 oz Flax Oil
- 3 oz Apple Cider Vinegar (w/ the mother)
- 1/2 teaspoon each:
 - Thyme,
 - Oregano,
 - Basil
 - Sea Salt
 - Cayenne Pepper

Shake well and drizzle over your favorite salad.

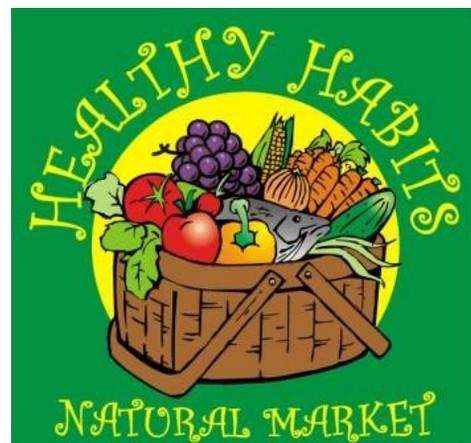
This recipe was given to us by a very healthy customer. Thank You!

Dr. T. Says...

Joint pain can come from many sources. Fish oil is just one possible treatment. Here are a few things to remember:

- **Fish oil rarely has side effects, only additional benefits.**
- **Do your best to balance the ratio of Omega 3's and Omega 6's.**
- **Be sure to take at least .5g total EPA & DHA per day.**

For more information, you can visit www.barleans.com to read more articles on fish oil. Thanks for reading!



Healthy Habits Natural Market is a locally owned, independent health food and products store located in Orwigsburg, Schuylkill County, Pennsylvania. We are located near Pottsville, Reading, Tamaqua, Pine Grove, and Hamburg. We carry local organically grown produce, meats, dairy, and eggs. We also carry many natural and organic products, including pet foods and treats.