

Fish Oil News

News from Inflammation Solutions

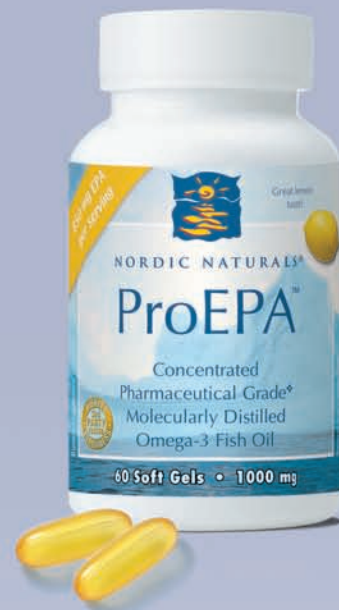
by Joseph C. Maroon, MD

Inflammations Solutions, Inc. is committed to providing nutritional supplements that have been thoroughly researched and tested to be of the highest quality available. We firmly believe that one of the greatest scientific discoveries in the last 5 years is that excessive or chronic inflammation in our bodies is responsible for many of the chronic illnesses and diseases we face in our modern environment.

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See below to learn more about Omega-3 fatty acids, and why they are vital for quality of life and proper nutrition, and how they support the body's natural anti-inflammatory response.



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Fish Oil and Back Pain

Back pain affects 80% of Americans, and is the second most common neurological ailment in the United States. Back pain has many different causes. However, all cases of back pain share one unifying principle—excess circulating proinflammatory prostaglandin E2 (PGE2), primarily due to dietary, environmental, and lifestyle cause.

PGE2 is a member of a group of lipid compounds that are derived from the omega-6 fat, arachidonic acid. Circulating prostaglandin E2 is the cellular signal used to sensitize spinal nerves to pain. PGE2 is also the main target of drugs to treat pain, including steroids, NSAIDs, and selective COX inhibitors.

Eicosapentaenoic acid (EPA) from fish oil supports the body's production of the anti-inflammatory prostaglandin E3 (PGE3)¹, and inhibits the conversion of arachidonic acid to proinflammatory prostaglandin E2^{1,2}. In fact, several well designed clinical trials, including a study conducted by neurosurgeon, Joe Maroon, have used fish oil successfully to reduce pain. Dr. Maroon used Nordic Naturals ProEPA in 125 patients with low back pain. Over 50% were able to discontinue prescription medication for pain³.

1. Calder P. n-3 Polyunsaturated fatty acids, inflammation, and inflammatory diseases. *Am J Clin Nutr* 2006;83: S1505–1519S.
2. Trebble T, Wootton S, et al. Prostaglandin E2 production and T cell function after fish-oil supplementation: response to antioxidant co-supplementation. *Am J Clin Nutr* 2003;78:376–382.
3. Maroon JC, Bost JW. Omega-3 Fatty acids (fish oil) as an anti-inflammatory: an alternative to nonsteroidal anti-inflammatory drugs for discogenic pain. *Surgical Neurology* 2006;65:326–331.