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Omega-3 “Fish Oil”

In patients with chronic pain attributed to spinal degenerative disease, 59% can become pain/drug free and 29% can reduce their drug dependency by taking Omega-3 fatty acids (fish oil) for 75 days.* Maroon JC; Surgical Neurology 2006 65-326-331



More and more people are using anti-inflammatory drugs (NSAIDs) to control their back and joint pain. Recently these drugs have been linked to increased

cardiovascular risks, stroke, gastrointestinal bleeding, and even to an increase in Alzheimer's dementia. In an effort to reduce a dramatic increase in G-I bleeding, new drugs were introduced known as “coxibs” or COX-2 inhibitors. Vioxx and Celebrex are two of the best known. Vioxx was later removed from the market because of its high association to stroke and heart attacks.

An effective alternative for reducing chronic neck and back is to get chiropractic adjustments. This treatment was >5 times as effective as Celebrex or Vioxx with the benefits of 9 weeks of chiropractic still present a year later. Unlike drugs, chiropractic was associated with no adverse events.*

*Giles, LGF et al. Spine: July 15, 2003 28 (14):1490-1502.

Another proven alternative in an effort to reduce your neck and back pain is to add Omega 3 fish oils, flaxseed oil, and glucosamine sulfate to your daily diet. (See reference above.)

Not only do you reduce inflammatory pain in your back and neck, you also get the benefit of improved cardiovascular health. It seems perplexing why any physician would prescribe NSAIDs or COX-2 inhibitors, especially for chronic problems, without first trying fish oil and chiropractic.



How Much Do I Need?

3.0 grams/day of Omega-3 fish oil (EPA/DHA).

5.0 grams/day of flaxseed oil Omega-3 (ALA).

1500 mg/day of glucosamine sulfate.