

# DOES CONTINUOUS BACK OR NECK DISCOMFORT AFFECT YOUR DAILY LIFE?



Continuous mild to moderate pain is frustrating and tiresome. It creates tension and anxiety and the recurrence of pain continues the inflammatory processes, whereby the body never gets relief. The nerves are never able to “calm down” and be restored to normal. It takes attention away from relationships, work, studies and other lifestyle activities. When lingering and unmanageable it can lead to depression and daily life enjoyment is compromised.

Millions of Americans experience mild to moderate pain affecting the skeletal and muscular systems of the body: the joints, muscles and bones. Sprains and strains of sensitive back and neck areas may have persisted a long time due to the nature of an initial injury, with persistent or recurring sensitivity or re-injury. Onset of arthritic-type mild to moderate pain in the joints may occur in middle-aged and older adults in the wrists, elbows, shoulders and hips. Athletes also experience mild to moderate pain after workouts and slight injuries to bones, muscles and tendons. The back is especially sensitive as it carries the weight of the upright body and retains stress in the muscles and fragile vertebrae. The sciatic nerve extending over the hip and down the leg can become a source of unresolved and excruciating inflammation due to injury, overwork, bad posture or illness.



For over three decades a mainstay to help alleviate these mild to moderate pain conditions has been a class of pain relievers known as nonsteroidal anti-inflammatory drugs or NSAIDs.<sup>1</sup> Some mild to moderate pain relievers include aspirin, ibuprofen (Advil, Motrin, etc.), naproxen (e.g., Aleve) and other generic and brand names.<sup>2</sup> There are others now which belong to a newer class of mild to moderate pain relievers, which are called

a “COX-2 inhibitor” or a “COX-2 selective” nonsteroidal anti-inflammatory agents.<sup>2</sup> These are involved with inhibiting a cascade of inflammatory events.

Many herbs are now also studied for their anti-inflammatory qualities. Plant and herb compounds exert their therapeutic benefits via various mechanisms, including immune regulation, antioxidant activity, inhibition of inflammation factors and antiplatelet activity. Large numbers of studies showed various herbal therapies reduced the inflammatory activity of experimental colitis and diminished the levels of many inflammatory indices and indices of oxidative stress.<sup>3</sup>

Synthetic agents when continuously used—especially if taken more than 30 days—can lead to complications such as stomach upset and abnormalities, bleeding, and heart issues. Taking some of these mild to moderate pain-relieving type of agents may react adversely with other medications. Persons with kidney or heart conditions, rashes, high blood pressure or fluid retention are particularly sensitive to these agents.

Wouldn't it be nice if there was a safe and effective means to help alleviate mild to moderate chronic pain that did not have potential warnings or side effects? Studies show that maybe there is!

## OMEGA-3 MAY HELP CALM INFLAMMATION

A study conducted by two doctors in a neuro surgical practice evaluated the effectiveness of mild to moderate pain relief using omega-3 EFAs (essential fatty acids) to ascertain if supplementing with these could alleviate inflammatory mild to moderate pain.<sup>1</sup> Part of the evaluation was to observe if using fish oil omega-3s instead of anti-inflammatory agents for mild to medium pain relief presented fewer harmful side effects.<sup>1</sup>

Two hundred and fifty patients who had been seen by a neurosurgeon and were found to have mild to moderate nonsurgical neck or back pain were asked to take a total of 1200mg per day of omega-3 EFAs (eicosapentaenoic acid and decosahexaenoic acid). A questionnaire was sent approximately one month after starting the supplement. Seventy-eight percent of the patients took 1200 mg and 22 percent took 2400 mg of EFAs. Fifty-nine percent discontinued taking their prescription NSAID medications for mild to moderate pain.<sup>1</sup> Sixty percent stated that their overall mild to moderate pain was improved, and 60 percent stated that their mild to moderate joint pain had improved. Eighty percent stated they were satisfied with their improvement, and 88 percent stated they would continue to take the omega-3 oil. There were no significant side effects reported.<sup>1</sup>

The physicians concluded that the results were similar in effects as to other controlled studies that compared ibuprofen to omega-3 EFAs that demonstrated an equivalent effect in reducing arthritic-type mild to moderate pain. The scientists concluded that omega-3 supplements appeared to be a safer alternative to nonsteroidal anti-inflammatory agents for treatment of mild to moderate, nonsurgical neck or back pain in this selective group.<sup>1</sup>

## OMEGA-3s IMPROVED SCORES FOR OTHER MILD TO MODERATE PAIN AILMENTS

Omega-3 polyunsaturated fatty acids (omega-3 PUFAs) have been used to treat mild to moderate joint pain associated with several inflammatory conditions. Continued bowel inflammation also causes mild to moderate pain, which affects life quality and activities. There are also over 50 percent of women who experience somewhat discomforting abdominal cramps during menstrual cycles.<sup>2</sup> This in turn can affect a woman's work, school, family, relationships and other lifestyle activities.



Scientists conducted a meta-analysis of 17 randomized, controlled trials assessing the mild to moderate pain relieving effects of omega-3 PUFAs (poly unsaturated fatty acids) in patients for mild to moderate arthritic-type joint pain, inflammatory bowel conditions and menstrual cramps.<sup>2</sup>

## *The scientists concluded that omega-3 supplements appeared to be a safer alternative to nonsteroidal anti-inflammatory agents for treatment of mild to moderate, nonsurgical neck or back pain.*

The standardized Cochrane pain assessment scoring system evaluated six separate outcomes, which included: (1) patient assessed pain; (2) physician assessed pain; (3) duration of morning stiffness; (4) number of painful and tender joints; (5) articular index score (which measures joint tenderness evaluating how much pressure causes wincing or withdrawing from the touch); and (6) nonselective nonsteroidal anti-inflammatory drug consumption.<sup>2</sup>

After consuming omega-3 PUFAs for three to four months, patients reported showing an overall statistically significant reduction in mild to moderate joint pain intensity, reduced minutes of morning stiffness, a reduction in number of mild to moderate painful and/or tender joints and a significant reduction in the use of the nonsteroidal anti-inflammatory medications. Physician assessed mild to moderate pain was not changed significantly. But the number of positive significant outcomes indicated that omega-3 PUFAs are an attractive adjunctive treatment for mild to moderate joint pain associated with joint soreness due to rheumatoid types of arthritis, pain of bowel inflammation conditions and menstrual cramps.<sup>2</sup>

## OMEGA+++ IS A NATURAL CHOICE FOR SUPPORTING HEALTHY BODY CELLS



OMEGA+++ contains pure, naturally sourced omega-3 poly unsaturated fatty acids that have been shown to aid in joint discomfort. In addition, it contains the rare but essential cofactors Vitamin K2 (Menaquinone) for supporting healthy bones and arteries, and CoQ10 to aid all cells of the body. It is necessary for the function of the mitochondrion, which is the powerhouse for all types of cells to maintain optimal functioning. OMEGA+++ is also fortified with borage oil to complement its effectiveness, which is a superior plant source. Consider adding OMEGA+++ to your daily supplement regimen to reap the benefits of overall bone and joint support.

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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## REFERENCES

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