

Omega-3 fats for pain relief?

Researchers from the Department of Neurological Surgery at the University of Pittsburgh Medical Center examined the effectiveness of the omega-3's eicosapentaenoic acid (EPA) and decosahexaenoic acid (DHA) in treating inflammation. In this study, a total of 250 patients were evaluated for nonsurgical spine pain, all of which were taking Nonsteroidal anti-inflammatory drugs (NSAIDs). Each subject was then given a 2.4 gram per day dose of omega-3s for two weeks followed by a 1.2 gram dose per week for 8 weeks. Follow-up testing was conducted via the use of a questionnaire.

Results indicated that a whopping 69% of the subjects reported a decrease in joint pain. Over half of the subjects were able to stop taking NSAIDS for their joint pain. Also, 80% revealed that they were very satisfied with the omega-3 induced changes. Best of all, no side effects were reported.

Source: *Surgical Neurology*, 65:326-331, 2006.