Cod Liver Oil â€“ the Answer to Arthritis Problems By Brenda

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Modern research shows that consuming 1-2 tablespoons of cod liver oil on a daily basis could help to prevent the onset of serious diseases such as cancer, diabetes, high cholesterol and kidney problems. However yet another of cod liver oilâ€™s amazing healing benefits have been uncovered in the past few years â€“ its ability to nurse back problematic joints and restore them to good condition. Many medical practitioners believe that in due course of time, cod liver oil may well even replace well known joint supplements such as Glucosamine and Chondroitin. In this article, we explore why cod liver oil is fast becoming the medication for nursing painful joints.

Osteoarthritis is one of hundred kinds of arthritis that causes breakdown of the cartilage that cushions the joints in turn causing pain and stiffness. Millions of people as they grow older begin to suffer from osteoarthritis symptoms. Cod liver oil which is rich in omega-3 fats in recent studies is believed to counter inflammation which is why medical researchers are now exploring if rheumatoid arthritis could be cured by taking fish oil supplements. Fish oil supplements essentially contain cod liver oil which is why it has been suggested by medical practitioners for joint problems.

So in case you have arthritis and want to see if fish oil really help, then try cod liver oil and see if it consuming it. Even if it turns out that fish oil doesn't help, there are other known benefits it can provide.

The main distinction between cod liver oil and fish oil is that cod liver oil is very high in vitamin D. In warm weather, the sunshine produces high and usually sufficient levels of vitamin D without any supplementation necessary. Consequently, consuming cod liver oil in the warm weather months or climates in not recommended as this can result in an excess of vitamin D in your system and consequential complications. Conversely, in cool weather, your body needs more vitamin D, and so it is recommended that you take cod liver oil versus other types of fish oil in cool weather months or climates.

However before taking any of such medications, it is important that you seek the advice of a medical practitioner because if taken without prescription, these medications could have side effects. So consult your medical practitioner and then only go ahead with medical help.

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The author believes that a cod liver oil supplements could help out in case of a joint pain but these should be taken only if they have been recommended by a medical practitioner.

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