

# NOTES FROM THE NATUROPATH

This month I'm going to break down and explain what Fish Oil, Krill Oil, MSM, Magnesium, Glucosamine and Chondroitin are and what their benefits are. I'll also touch base on some Herbal Medicines.

**Fish/Krill Oil:** Omega-3s acts as an anti-inflammatory, similar in effect to ibuprofen but with no negative side-effects. Omega-3s are essential for ensuring the integrity of every cell, thus our bodily functions, they also help to keep your blood pressure and cholesterol down, memory/brain function and energy is improved. For a therapeutic effect from taking fish oil you will need to take 2000mg EPA ([eicosapentaenoic acid](#)) per day, which is the active ingredient listed on the back of the bottle. Or if taking Krill Oil you will need to take 2000mg of krill oil per day.

**Glucosamine and Chondroitin:** These are a cartilage like material derived from shellfish and shark cartilage respectively; one or the other or both can be taken as a supplement. These products help to replace worn out joint cartilage due to age or injury related degeneration, which relieves bone on bone associated pain. For effective relief a minimum of 2000mg of Glucosamine and 1500mg Chondroitin need to be taken.

**MSM:** An absorbable nontoxic source of sulphur, essential in the formation and maintenance of body protein structures, thus for tissue formation and healing. As we age our ability to maintain adequate levels in our body diminishes, also due to storage and processing of our plant foods, levels are often not there in high enough levels. MSM is useful in treatment of all forms of pain and inflammation e.g. arthritis, nerve pain and neuropathy, muscle pain and fibromyalgia, it can help slow cartilage degradation, skin problems, allergies, memory and the list goes on. Caruso's do this on its own and Bioglan does it with Glucosamine and Chondroitin, dose – minimum 1500mg each day.

**Magnesium:** An essential mineral required in high amounts daily for muscle, brain and neural function. 300 – 600mg of Magnesium each day can assist with pain associated with night and general cramps, exercise, menstruation, migraine and fibromyalgia. Magnesium is also helpful for anxiety, energy, insomnia and cardiovascular health, and can help maintain normal cholesterol, blood sugar, blood pressure, and regulates calcium transport in the body and enhances bone health. There are many types; my preference is the amino acid chelate/dyglcinate forms as they are the most easily absorbed, such as [Ethical Nutrients Mega Magnesium](#), [Oriental Botanicals Magnesium Excel](#), [Thompsons Ultra Magnesium Powder](#) or [Nature's Own Magnesium Chelate](#).

**Herbal Medicine:** There is a wide range of effective phyto-analgesics and anti-inflammatories and others utilised by Medical Herbalists and Naturopaths, again I could not mention all. Turmeric (*Curcuma longa*) is a well-researched effective anti-inflammatory, antioxidant and can relieve pain of any sort and is a tonic for the liver, which is often functioning poorly if regular pain medications are taken regularly. Also Devils claw (*Harpagophytumprocumbens*), Boswelliaserata Ginger (*zingiberofficinale*) and Willow Bark (*Salix alba*) are some other effective analgesic, anti-inflammatory herbs found in various pain and arthritis products such as Ethical Nutrients Pain Relief, Oriental Botanicals Phytogestic.

~ Carmell Serafin BHerbTher

Disclaimer: This information is provided as general information only and does not take into consideration your individual health needs. Please consult your health professional before making any decisions to ensure you are receiving the best treatment for you.