



The Spring
center for natural medicine

Elke Kniss, PA, CN
www.thespringcenterfornaturalmedicine.com

• • ph: 512-445-7373 • • fx: 512-450-1103 • • elke@knissmedical.com • • 809 S. Lamar, Ste A, Austin, TX 78704 • •

Dear Friends,

Cod liver oil is good for you and what ails you! This marvelous oil contains large amounts of elongated omega-3 fatty acids, preformed vitamin A and the sunlight vitamin D, essential nutrients that are hard to obtain in sufficient amounts in the modern diet.

Cod liver oil is rich in eicosapentaenoic acid (EPA). Made from Omega 3 linolenic acid, EPA is the link in fatty acid nutrition that ultimately results in Prostaglandins. These are local tissue hormones that are critical for brain and nervous system function.

Researchers at Dundee University have recently published their rheumatoid arthritis/cod liver oil studies in the journal Rheumatology. Basically their results are that the fatty acids in the oil have anti-inflammatory properties that are responsible for reducing the need for pain killers in people with rheumatoid arthritis.

There is hardly a disease that does not respond well to treatment that includes cod liver oil - not just infectious diseases but also chronic modern diseases like heart disease and cancer. If you are diabetic, or if you eat lots of processed food or grains, you may not be able to produce EPA, so a cod liver oil supplement is critical.

Not all cod liver oil is the same. Manufacturers do all kinds of things to the oil. Many remove real Vitamin A and D, often replacing them with synthetic versions. Vitamin D is critical for bone health, and the synthetic versions are not the same. It does not produce the same results, and can even be toxic- especially for kids. Also, it is very important to get cod liver oil that is very fresh and not rancid.

I provide a clean, natural, high quality cod liver oil in my office. You can order on line or come by my office.

Hope to see you at my first "**Healthy Hour**" on August 12th! (see below for information)

Sincerely,

Elke

(512) 445-7373 or email elke@knissmedical.com