



Miller Chiropractic Health Center
Live Pain Free and Energized

Office Closings/Doctor Away:

Thursday April 20th and Friday April 21st
- Dr. Nick will be out of the office.

Friday April 21st: Dr. Miller and Dr. Nick will **both** be out of the office.
- The front desk staff will be here from 8am-12pm

Fish Oil Supplements

Most people swallow rancid fish oil and don't even know it!

Fish oil benefits are touted across America with claims from protecting the body against mercury and other toxins, strengthening your hair and nails, improving your memory, and helping prevent heart disease.

But will any fish oil do the job?

Fish oil is extremely fragile and sensitive to oxygen and light. If at ANY point in the processing it is **exposed to oxygen it can begin to become RANCID**. In fact, if you were to go to the store and test the fish oil supplements on the shelf, up to 64% of them may be rancid! Rancid (oxidized fatty acids) in animal studies have been associated with cancer, inflammation, organ damage, and advanced hardening and narrowing of the arteries. If this same effect occurs in humans, the damage done negates the benefits of taking fish oil!

Some fish oils also contain solvents, such as n-hexane, which have proven toxic to the body. They can break down the myelin sheath which protects the spinal cord and nervous system, cause headaches, peripheral neuropathy, and other damaging symptoms. When squeezed onto styrofoam, we have found some fish oil with solvents to eat away at the styrofoam within 5 minutes while many others do not.

If your fish oil has a "fishy taste" or causes burping, it is likely rancid. Don't want rancid fish oil? **Follow these tips to help avoid it.**

- Never buy fish oil in clear bottles as the light easily passes through and also causes it to become rancid.
- Fish oil that sits on the shelf for a long time can also be rancid, so buy a brand that is frequently restocked.
- Storing your fish oil in the fridge can help prevent oxidation from occurring before you finish the bottle.
- Consider krill oil or Calamari which can withstand much higher doses of light and oxygen before becoming rancid.
- **Schedule an exam with myself or Dr. Miller, so we can recommend the right oil for you!**

Also, it is not enough to take a good quality fish oil. You must also be able to digest it! A large portion of the population has difficulty digesting fats, including anyone who's had their gallbladder removed. Undigested fat

can float around in your blood stream and block insulin from taking sugar into your cells resulting in elevated blood sugar. In addition, taking the right dose for the results you want is vitally important.

In our office, **we only use fish oil** that we have had experience getting positive results with. It is sold in dark glass bottles to **prevent oxidation**, is processed **without any solvents**, and is **restocked often**. We also sell fatty acids that are predigested for those who have a difficult time digesting fats.

A palpation exam, by either myself or Dr. Miller, can determine if you are able to digest fats and we can recommend the type and dose of fatty acids for your specific needs.
Trash the RANCID oil and schedule a visit today!

Benjamin B. Albert, David Cameron-Smith, Paul L. Hofman, and Wayne S. Cutfield, "Oxidation of Marine Omega-3 Supplements and Human Health," BioMed Research International, vol. 2013, Article ID 464921, 8 pages, 2013. doi:10.1155/2013/464921

Helpful articles (Click To Read):

<http://articles.mercola.com/sites/articles/archive/2010/10/16/rudi-moerck-on-fish-oil.aspx>

<https://www.nordicnaturals.com/images/supportMaterials/PDFs/WhyNN.pdf>

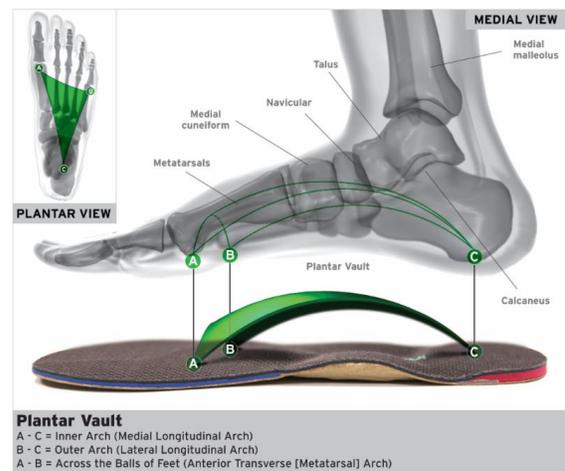
<https://toxnet.nlm.nih.gov/cgi-bin/sis/search/a?dbs+hsdb:@term+@DOCNO+91>

**To your health,
Christy Finley, RN**



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FOOT LEVELERS

Supplement of the Month!

Tuna Omega-3 oil



- Natural profile of tuna oil—not concentrated
- Supports normal lipid profiles within normal range
- Supports the body's natural inflammatory response function as it relates to periodic challenges like consumption of high-fat meal or strenuous activity
- ***Third-party tested for environmental contaminants***
- Supports cognition
- Supports skin and hair health
- Supports emotional balance
- DHA is important for proper fetal eye and brain development.

Supportive but not conclusive research has shown that EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.*

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