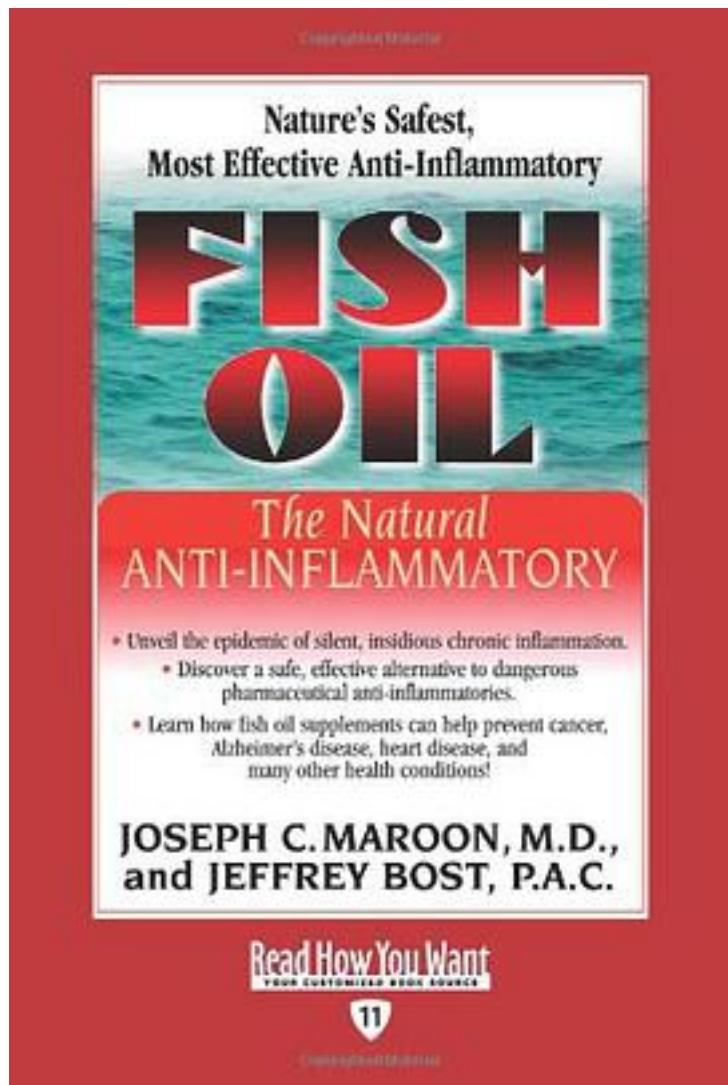


Fish Oil



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Recent medical research confirms that the root cause of many of the diseases now plaguing modern society is chronic inflammation. Normally, inflammation is a protective mechanism, part of the immune system's response to an attack, whether from infection, trauma, or an autoimmune disorder. If unchecked, however, inflammation produces chronic pain, breakdown of cartilage and muscle, and increased blood clotting, and it may cause genetic changes leading to various cancers. Therefore, control of excessive inflammation is the key to our health and well-being. But how can we prevent or mitigate the effects of chronic inflammation while avoiding the dangerous side effects of pharmaceutical drugs? The answer lies in the power of fish oil. In

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