

## **Cod liver oil for Osteoporosis, colds and flu;**

The taking of Cod Liver Oil for general wellbeing was very popular after the Second World War for 15 – 20 years, kids had to line up and swallow the foul stuff – some were lucky enough to have orange juice or something to flavor it.....and most thought it was for “regularity” or something?

I first heard of it when I was training in the UK in Osteopathy. The real reason kids were given CLO in the fifties particularly, was that the food was Soo poor in nutrition in the UK that kids were getting “Ricketts” which is actually JUVENILE OSTEOPOROSIS. The taking of the CLO helped the kids absorb calcium from their diet, which added to the strength of the bones and by feeding the ligaments some nutrition from the A, D, & E vitamins contained in Cod Liver Oil – pity the cod is no longer caught..... I would think that any type of Fish “Liver” oil would be fine. Most of the fish oils on the shelves of health sections are usually for the Omega3 that it contains, not the A, D and E vitamins.

The taking of CLO on a regular basis according to some Doctors is best done on an Irregular basis, I take it in the Winter months and not in Summer for instance – the build up of Vitamin A can be bad for the Liver.....But for people with MOST Arthritic conditions and or Osteoporosis, ligaments that get damaged in Sport or through accident (CLO seems to re-absorb Calcium build up in Ligaments which if left, will lead to wear and tear Arthritis) it is absolutely BRILLIANT for! I tell many patients that taking CLO as a supplement helps their recovery and my job as an Osteopath, for any Orthopedic condition it is a very beneficial.

After many years of following this regime I also noticed that I was not getting the colds or Flu’s that others were? I had ALWAYS suffered several weeks off school as a kid with Bronchitis – and the family Doctor told my Mum to take me swimming....this meant in an OCEAN BATH and where we lived in Victoria, Australia the water is COLD....I digress, I used to get regular colds and Flu – Now I didn’t? The CLO was what I put it down too and YEARS later I still take CLO every winter and do NOT get colds and Flu’s, they may start but never get going and never keep me house bound!

The many uses of CLO makes it a must in your home remedies, these days you can buy it in large capsules (You don’t have to taste it) in Vitamin sections of supermarkets and Chemists. It is not expensive and can do Soo much for your health! I find that if I get a bottle with about 60 x 1gram capsules and I take 1x capsule with my midday meal, takes 2 months to empty the bottle and covers most of Winter, some years I get 2 bottles, but that’s is it! The modern capsules can be very small in some brands, just take enough to equal what a good teaspoon of it would be, if you take them before eating they do not repeat on you either.

Osteoporosis sufferers also need some therapy that includes adding weight or Load to their muscles which makes the bone strong and keeps it laying down Calcium for strength. Also local massage is good to bring blood to the area and get it deep to the ligaments. Ligaments are very poor in blood supply and deep sustained massage is a great help.

For more information please visit; [www.sosheadache.com](http://www.sosheadache.com) or email Dr Nelson. [doc@sosheadache.com](mailto:doc@sosheadache.com) and he would be pleased to answer any questions.

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