

[IMAGE]

## **Omega-3 Diet Essential For Chronic Spinal Pain Injuries**

Chronic pain following spinal cord injury can wreak havoc in many people's lives. Pain can be consuming but can be alleviated by changing simple diet habits. Consuming a diet rich in omega-3 fatty acids is key, according to new research from Loma Linda University Health.

The study, accepted for publication in the scientific journal *Neuroscience*, found that the pain threshold of rats with spinal cord injury increased as a result of a diet containing omega-3 fatty acids.

Researchers said one of the main complaints of patients after a spinal cord injury is pain, but with diet modification pain can be easily managed. The study had rats with spinal cord injury fed with control chow and chow enriched with omega-3 fatty acids for a total of 16 weeks. The pain tests conducted on the animals showed that the group consuming the omega-3 fatty acids enriched diet exhibited significant less pain, according to the study.

chronic spinal pain - Copyright â Stock Photo / Register Mark There are plenty of benefits in implementing a diet rich in omega-3 because its anti-inflammatory and protective properties. Researcher said people can have these benefits by consuming two servings of fish, preferably salmon, per week; walnuts and flaxseed oil; or if necessary through over-the-counter supplements.

If you are suffering from chronic pain following a spinal injury, talk to your chiropractor about how to alleviate your symptoms.

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