

Krill Oil Improves Chronic Joint and Muscle Pain

Michael Healey August 21, 2014



Supplementing the diet with Krill Oil provides support and protection against chronic joint and muscle pain. A new article and video from PureKrill.com details exactly how the omega-3s in krill oil improve joint and muscle health.

([Newswire.net](#) -- August 21, 2014) Boston, MA -- It is estimated that over 400 million people suffer from some form of diagnosed or undiagnosed arthritis or other form of chronic joint and muscle pain and weakness.

Research is now demonstrating that omega-3 fatty acids and related compounds found in quality sources of [krill oil lessen joint and muscle pain](#), have been shown to significantly reduce chronic inflammation, and slow the development of osteoporosis.

While there are many controllable risk factors to slow development of chronic joint and muscle pain and weakness, there are a few causes that are unavoidable; these include gender, age, and genetic make-up.

Of the several controllable causes of inflammation and joint and muscle pain, three are among most common causes and include obesity, diet, and lack of physical exercise. These three risk factors significantly contribute to the development of chronic inflammation, which can cause muscle pain, joint inflammation, and joint pain.

Carrying excess weight and eating a diet of inflammation foods, such as processed, salty and high fat foods, are causes of inflammation that contribute to chronic joint and muscle pain. An anti inflammatory diet, rich in fresh vegetables, fruits, fish and krill oil supplements is key in minimizing the causes of inflammation in the body.

Supplementing with Krill Oil, and specifically EPA and DHA found in high quality omega 3 sources, reduces many of causes of inflammation associated with muscle pain, stiffness, and joint inflammation. It appears that supplementing a healthy diet with quality krill oil ensures the recommended minimum of 2 grams of omega-3 associated with reported health benefits.

Specifically, supplementing with a [high quality krill oil supplement that contains EPA and DHA](#) has been shown to reduce the effects of chronic inflammation, slow the progress of osteoarthritis and increase the flow of blood to joints and muscles to reduce the frequency of muscle and joint stiffness.

For the best results, and to lessen the pain and swelling associated with arthritis, joint stiffness, and general inflammation, it is recommended that people supplement with a minimum of 2,000 mg of DHA/EPA per day; preferably from a quality krill oil source.

For best results, and to relieve joint and muscle pain associated with various forms of arthritis, scientists and health experts recommend supplementing with at least 2 grams (or 2,000 mg) of quality omega-3 fatty acids. Omega-3 supplements containing high quality krill oil are preferred and recommended for their purity, effectiveness, and high omega-3 absorption rate.

The complete Krill Oil Improves Chronic Joint and Muscle Pain article and video is available at <http://purekrill.com/krill-oil-improves-chronic-joint-muscle-pain/>.

As an added bonus, PureKrill.com is offering access to a free e-book titled the 15 Foods That Damage Your Heart . This new e-book reveals important findings about the most harmful, inflammation foods that cause health issues throughout the body. The report also shares the best 15 anti inflammatory foods for your heart. The complete 15 Foods That Damage Your Heart report is available for a limited time at www.purekrill.com/krill-oil-joint-muscle-pain/.

About:

About: Purekrill.com is a new website that was launched in June 2014 in order to educate people on the importance of supplementing with quality sources of krill oil. Most recently they released a video titled "[Top Brain Benefits of Krill Oil](#)"

Source: <http://newswire.net/newsroom/pr/00084617-krill-oil-joint-muscle-pain.html>