

# **Reducing Pain and Inflammation Naturally. Part 2: New Insights into Fatty Acid Supplementation and Its Effect on Eicosanoid Production and Genetic Expression**

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**Abstract:** Doctors and patients can achieve significant success in the treatment of pain and inflammation by using dietary modification along with nutritional, botanical, and fatty acid supplementation. The first article in this series reviewed recent diet research and the basic biochemistry of fatty acid metabolism, and this second article will provide doctors with a profound understanding of the importance of optimal fatty acid supplementation and will review the clinical benefits of this essential therapy. This review contains the most concise, detailed, up-to-date, and clinically relevant description of fatty acid metabolism that has ever been published in a single article.