



JOSEPH MAROON, MD

NORDIC NATURALS' ADVISORY BOARD MEMBER

“From my research on spine pain, Omega-3 fish oil supplementation appeared to be a safer alternative to NSAIDS for treatment of non-surgical neck or back pain in the selected group of participants used for the study.”

—Joseph Maroon, MD

A complete profile is available and can be emailed upon request. Press interviews can be arranged by contacting Shari Hindman, Integral Marketing at 303.499.9665 or sharilhindman1@comcast.net.

As a practicing physician and neurosurgeon, Dr. Joseph Maroon has continually been called upon to “fix the car after it is broken”. But what if we could keep things running smoothly for years to come?

Dr. Maroon believes that this is what Omega-3 fish oil supplements are all about—natural fatty acids used by every cell in the body, providing essential nutrients for lifelong health and well being. He recently completed a study demonstrating relief of spine pain in 60% of subjects placed on fish oil supplements^{1,2}. Based on extensive research of the anti-inflammatory properties of omega-3 fish oil, Dr. Maroon authored a book entitled, *Fish Oil: The Natural Anti-Inflammatory*³.

Dr. Maroon is a board-certified neurosurgeon, a professor at the University of Pittsburgh Medical Center, and team physician of the Pittsburgh Steelers. Honored as one of America’s Best Neurosurgeons for 8 consecutive years, he has published over 250 scientific papers, 8 books, and 40 book chapters. His other research has focused on the prevention and treatment of injuries and diseases of the brain and spine. Various national neurological societies, both here and abroad, have recognized Dr. Maroon’s contributions to neurosurgery with a number of awards. Despite his busy professional schedule, he is a devoted athlete, completing 50 Olympic distance triathlon since 1980, and was inducted in Lou Holtz Upper Ohio Valley Hall of Fame for his athletics and sports medicine. Dr. Maroon currently serves as Medical Advisor for Nordic Naturals.

Publications

- **Fish Oil: The Natural Anti-Inflammatory**, Basic Health Publications, Inc;
- **Sports Related Concussion**, Quality Medical Publishing, Inc.

Dr. Maroon has published over 250 scientific papers, 8 books, and 40 book chapters. For a complete list, please see www.josephmaroon.com

1. Omega-3 Fatty acids (fish oil) as an anti-inflammatory: an alternative to nonsteroidal anti-inflammatory drugs for discogenic pain. *Surgical Neurology* 2006;65:326–331.
2. Natural anti-inflammatory agents for pain relief in athletes. *Neurosurg Focus* 21(4):E11, 2006
3. *Fish Oil: The Natural Anti-Inflammatory*, Basic Health Publications, 2006