

Cod Liver Oil Is Good For

According to the Swank diet web site, the diet consists of: 345980da51 Alexander was born in Norwich, Connecticut. He was educated at Norwich Free Academy, Trinity College and Columbia University but failed to obtain any degree as he dropped out. Alexander had no medical credentials. He obtained a Ph.D. from an obscure diploma-mill which he received in the mail from St. Andrew's Ecumenical College, London. He sent a check for \$100 to the college as appreciation for receiving it. 345980da51

Cod liver oil As with most fish oils, it contains the omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), and also vitamin A and vitamin D. Cod liver oil is a dietary supplement derived from liver of Atlantic cod (Gadus morhua). As with most fish oils, it contains the omega-3 fatty acids eicosapentaenoic Cod liver oil is a dietary supplement derived from liver of Atlantic cod (Gadus morhua) 345980da51

== Career == 345980da51

Cod tongue Cod tongue is a variety meat from codfish. Given that cod do not have a tongue nor a basihyal tooth plate, the cut actually consists of the boneless flesh of the lower jaw, including the chin barbel. Given that cod do not have a tongue nor a basihyal tooth plate, the cut actually consists of the boneless flesh Cod tongue is a variety meat from codfish. Depending on technique, it is a triangular or V-shaped cut 345980da51

Many fish maintain buoyancy with swim bladders. However sharks lack swim bladders, and maintain their buoyancy instead with large livers that are full of oil. This stored oil may also function as a nutrient when food is scarce. Deep sea sharks are usually targeted for their oil, because the livers of these species can account for up to 5–10% of their total weight. 345980da51 == The diet == 345980da51

Shark liver oil To date, none of these claims has been medically validated and shark liver oil (alone) is not a medication prescribed or utilized by American physicians. It has been used for centuries as a folk remedy to promote the healing of wounds and as a remedy for respiratory tract and digestive system problems. It is still promoted as a dietary supplement, and additional claims have been made that it can treat other maladies such as cancer, HIV, radiation sickness, swine flu, and the common cold. Shark liver oil is an oil obtained from the livers of sharks. However, it is a component of some moisturizing skin lotions and hemorrhoid medications. It has been used for centuries as a folk remedy to promote the healing of wounds and as a Shark liver oil is an oil obtained from the livers of sharks 345980da51

== Function in the shark == 345980da51 Alexander is best known for Arthritis and Common Sense, which sold more than one million copies. He was president of Witkower Press of Hartford, Connecticut, who published the book. He believed that drinking cod liver oil mixed with orange juice could cure arthritis. He appeared on The Johnny Carson Show and The Merv Griffin Show to promote his ideas. His ideas were uncritically accepted in the Los Angeles Times and on radio stations. 345980da51 Historically, it was given to children in the United States in the 19th century as a patent medicine and by the end of the century was being praised by doctors in medical journals. After it was shown, in 1920, that vitamin D deficiency was the cause of rickets, cod liver oil was given as a rich source of vitamin D. 345980da51

Fish oil Fish oils contain the omega–3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), precursors of certain eicosanoids that are known to reduce inflammation in the body and improve hypertriglyceridemia. Crude fish oil as it is originally sold (especially cod liver oil) contains vitamin A and vitamin D, which was useful Fish oil is oil derived from the tissues of oily fish. There has been a great deal of controversy in the 21st century about the role of fish oil in cardiovascular disease, with recent meta-analyses reaching different conclusions about its potential impact. they have not been proven effective 345980da51

Cod tongue is a delicacy in many cod fishery communities: in Basque Country; off the Grand Banks Fishery of Newfoundland, Canada; Iceland; Northern Norway, where cod tongue is traditionally collected by the youth of the community during fishing season; and Portugal. It was historically produced and eaten in other areas, including France and both coasts of the United States. 345980da51 The claims made for the diet are unsubstantiated. 345980da51 Sold in clear glass bottles, the thick cream-coloured liquid was fed to generations of New Zealand children and was also sold overseas. A branch factory was opened in Melbourne in the 1920s. Originally claiming to be "a reliable remedy for pulmonary ailments", the product was still in production until 1984. Oamaru company Crombie and Price, which bought Lane's Medicine in 1971, still holds the rights and recipe to the product. 345980da51

Dan Dale Alexander 1990) was an American nutrition influencer, famous for his eccentric beliefs about cod liver oil curing arthritis. He became known as the "Codfather" Dan Dale Alexander (July 18, 1919 – June 15, 1990) was an American nutrition influencer, famous for his eccentric beliefs about cod liver oil curing arthritis. He became known as the "Codfather" 345980da51

== Description and production == 345980da51 Cod are demersal fish found in huge schools confined to temperate waters in the northern hemisphere. Atlantic cod are found in the colder waters and deeper sea regions throughout the Northern Atlantic. The Pacific cod is found in both eastern and western regions of the Pacific. Atlantic cod can grow to 2 metres (6.6 ft) in length. Its average weight is 5 to 12 kilograms (11 to 26 lb), but specimens weighing up to 100 kilograms (220 lb) have been recorded. Pacific cod are smaller, and may grow up to 49 centimetres (19 in) and weigh up to 15 kilograms (33 lb). Cod feed on

mollusks, crabs, starfish, worms, squid, and small fish. Some migrate south in winter to spawn. A large female lays up to five million eggs in mid-ocean, a very small number of which survive. 345980da51 The emulsion, which had a strong fishy smell owing to its high cod liver oil content, was invented by Edward Lane, a chemist from Oamaru, in 1898. In 1908 the company opened a new factory in the town's Harbour Street (now part of the Oamaru Historic Precinct) in a building which still bears the product's slogan "It's famous because it's good". The original recipe contained cod liver oil, beechwood creosote, mineral lime, soda, brandy, vitamins, fresh egg yolk and some secret ingredients. 345980da51 An ice cream based on the flavour of Lane's Emulsion was launched in 2014. 345980da51

Cod fisheries Cod is the common name for fish of the genus *Gadus*, belonging to the family Gadidae, and this article is confined to three species that belong to this genus: the Atlantic cod, the Pacific cod and the Greenland cod. Although there is a fourth species of the cod genus *Gadus*, Alaska pollock, it is commonly not called cod and therefore currently not covered here. Cod livers are processed to make cod liver oil. Cod are currently at risk from overfishing Cod fisheries are fisheries for cod. When cooked, cod is moist and flaky. and a dense white flesh 345980da51

The benefits of cod liver oil had been known since the 1700s, with its first widespread usage for bone diseases around that time by Dr. Samuel Kay as referenced by the Manchester Infirmary. However, despite its value as a rich source of essential vitamins A & D for human nutrition, in its early days BCLO sold its greatest volume to the animal feed industry under simple descriptions such as Cod Oil, Pale Oil, Cattle Oil, Ruby Oil and Dark Cod Oil. 345980da51 == History == 345980da51

Swank diet) along with a multi-vitamin The Swank Diet is a diet that is low in saturated fat, which was proposed in 1949 by Roy Laver Swank, MD, PhD (1909–2008), academic neurologist at the University of Oregon, for the treatment of multiple sclerosis. processed foods containing saturated fat A good source of omega-3 (oily fish, Flaxseed, cod liver oil, cod liver oil tablets, etc 345980da51

The fish used as sources do not actually produce omega–3 fatty acids. Instead, the fish accumulate the acids by consuming either microalgae or prey fish that have accumulated omega–3 fatty acids. Fatty predatory fish, like sharks, swordfish, tilefish, and albacore tuna, may be high in omega–3 fatty acids, but due to their position at the top of the food chain, these species may also accumulate toxic substances through biomagnification. For this reason, the United States Environmental Protection Agency recommends limiting consumption (especially for women of childbearing age) of certain (predatory) fish species (e.g., albacore tuna, shark, king mackerel, tilefish and swordfish) due to high levels of the toxic contaminant... 345980da51

Seven Seas (company) Kenneth MacLennan, previously of Lever Brothers, became General Manager of BCLO in 1936 to add relevant commercial experience to the then-board of trawler owners. It began in 1935 when a group of trawler owners in Hull formed a co-operative venture called British Cod Liver Oil (BCLO) Producers to exploit one of the fishing industry's most valuable by-products. trawler owners in Hull formed a co-operative venture called British Cod Liver Oil (BCLO) Producers to exploit one of the fishing industry's most valuable Seven Seas Ltd. is a supplier of vitamins, minerals, and supplements in the United Kingdom and abroad 345980da51

== Benefits == 345980da51 The liver is also an accessory digestive organ that produces bile, an alkaline fluid containing cholesterol and bile acids, which emulsifies and aids the break up of dietary fat. The gallbladder, a small hollow pouch that sits just under the right lobe of liver, stores and concentrates the bile produced by the liver, which is later excreted to the duodenum to help with digestion. The liver's highly specialized tissue, consisting mostly of hepatocytes... 345980da51 Cod has been an important economic... 345980da51

Liver Its other metabolic roles include carbohydrate metabolism, the production of a number of hormones, conversion and storage of nutrients such as glucose and glycogen, and the decomposition of red blood cells. Anatomical and medical terminology often use the prefix hepat- from ἥπατο-, from the Greek word for liver, such as hepatology, and hepatitis. In humans, it is located in the right upper quadrant of the abdomen, below the diaphragm and mostly shielded by the lower right rib cage. Animal livers are rich in iron, vitamin A and vitamin B12; and cod liver oil is commonly used The liver is a major metabolic organ exclusively found in vertebrates which performs many essential biological functions, such as detoxification of the organism and the synthesis of various proteins and various other biochemicals necessary for digestion and growth. referring to the livers of geese that had been fattened on figs 345980da51

Lane's Emulsion The original recipe contained cod liver oil, beechwood creosote, mineral lime, soda, brandy, vitamins Lane's Emulsion was a patent medicine manufactured in New Zealand. bears the product's slogan "It's famous because it's good"; 345980da51

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