Cod Liver Oil Testimonials

After about two weeks taking a one-half teaspoon of high vitamin cod liver oil I noticed that my hands were not cracked anymore. I have had dry skin my whole life and in winter they will crack and bleed. My mother is 99 years old and has had skin cancer on her forehead. They have burned it off several times but it always bleeds and never really healed. I got her to take the cod liver oil so she wouldn’t get a cold. Incredibly, her forehead has now healed up. WI

Since I started using fermented cod liver oil in my naturopathic practice, I have two completely resolved cases of endometriosis, women experiencing pain-free periods for the first time in their lives, surprisingly within two or three weeks of starting the fermented cod liver oil at a dose of 5 ml per day. Up to this point in my six-year career, I had yet to have any luck whatsoever when it came to endometriosis. I have another very complicated case of endometriosis combined with Wolf-Parkinson's-White-like heart problems and this particular woman experienced twelve to fifteen days of excruciating pain monthly related to the endometriosis. Within six weeks of starting the fermented cod liver oil she is down to three days of pain per month, which she is thrilled about. While her WPW symptoms persist, her endometriosis symptoms are all but a thing of the past. Again, I put her on a dose of 5 ml per day. I have another patient who came to me, a mother in her thirties, who was experiencing hair thinning and had not had a period in over nine months for no apparent reason. Within three weeks of starting the fermented cod liver oil, she had a period again.
Laura Margaritis, ND, Hamilton, Ontario, Canada

I have a handful of clients that I have on high vitamin or fermented cod liver oil and when they stop taking it, they have discomfort and pain rather quickly in their arthritic areas, not to mention a return of depression and mood problems. They tell me they won’t give up cod liver oil no matter what anyone says to them … our bodies don’t lie. Anabela Bacchione

I have been using fermented cod liver oil for about eighteen months. I have been checking my vitamin D levels over the last four years and this year I went from 37 to 48, whereas the three years previous I went from 16 to 26 (ten points total, for the three years). During those years I was taking vitamin D in doses from 10,000 to 50,000 IU. The only thing I can attribute the increase to is the fermented cod liver oil. I also have a few customers who swear that the cod liver oil wards off depression, especially in the winter (Minnesota). BS

We’ve been using high-vitamin cod liver oil and the butter oil for the Weston Price protocol for several years. The biggest changes reported have been improved muscle strength, stamina and immunity. I have also noted improved moods in my family – they are less irritable. I also feel the Weston Price protocol, including bone broths, raw goat milk kefir, etc., helped save my mother’s life when she was stricken with severe sepsis several years ago. The frequent drops of cod liver oil and butter appeared to increase her strength and improve her ability to absorb and utilize her food. LH

One of my patients, an active but hobbled sixty-five-year-old female, kept complaining of joint pain and stiffness for the past year. Our chiropractic work did wonders to keep her feeling quite well and able to maintain a busy schedule as well as go skiing in Colorado, but she would always return with the same old complaints. After two months on the high vitamin cod liver oil, her complaints of joint pain were gone! Michael J. Kudlas, DC, MA, Med

My son’s acne completely cleared up and he is so happy on cod liver oil that it is the one thing he will consistently take. Also he noticed that his seasonal affective disorder was much better last winter taking the cod liver oil (for his skin) and his grades and general energy were markedly improved over previous winters when he didn’t take it. Megan McCoy, MD

At eight months, my one-hundred-percent breast fed daughter had a bad case of eczema and an
allergy to egg whites. We tried everything (different soaps, oils, creams, etc.) to get rid of the eczema and nothing worked till our homeopathic pediatrician told us to give her 1-2 ml of high-vitamin cod liver oil along with high-vitamin butter oil every day, as well as a teaspoon of coconut oil. Today she is a happy healthy two-year-old who takes 1-2 ml of cod liver oil almost every day. She has perfect skin and her allergy to egg whites is gone as well. Her amazing recovery from the eczema and egg allergy inspired me to go back to school and become certified as a nutritional therapy practitioner. Our whole family of five has been taking 1-2 ml of high-vitamin cod liver oil for the past two years. We are all healthy and happy. The children, ages two, four and six, have never had a cavity and are noticeably healthier than the majority of their friends. Shelley Ballantyne, NTP

I am writing for myself and my family with all the changes which have taken place after the consumption of high-vitamin butter oil and cod liver oil and all good fats. First, I was deeply ill, with many local doctors diagnosing me with severe depression and anxiety. I was unable to sleep, digest or eliminate foods in a healthy way; I could not work or take care of myself at all. I was unable to do simple tasks like do the wash or button a shirt, for my coordination was impaired. I would trip often and could not finish a thought or sentence. I was severely paranoid of all things and people. With many medicines, my symptoms became even more severe and intense. I was scared to death, along with my family! I became very suicidal. I should explain that previously I was in the hair salon business and was quite successful, but using many chemicals all day long, five days a week. My diet was filled with wrong foods. I was taking care of a very sick family member daily. Thanks to Dr. Roy Ozanne I learned about good fats and fermented foods. With his help I eliminated all sugars, caffeine, alcohol, white flour, etc., but more importantly, I added cod liver oil and butter oil. Over the course of two years, my body healed itself. I am now able to communicate with all, I am motivated, and I am back to work (not in the hair business!). My children on this diet report that they are able to focus much better than they used to. LMP

In our clinic we’ve used Premier Natural Cod Liver oil for about five or six years with great success. Our babies born to patients of the clinic in many cases have facial structures Weston Price found in his travels of traditional cultures. They have broad jaws, ears with unattached, slightly elongated lobes, and have great emotional dispositions. Many sleep through the night at a fairly early age, and developmentally are either early or right on target. Many parents have reported that their children do well academically and conditions such as allergies and behavioral disorders are markedly absent in these children. All our patients take two capsules pre-pregnancy and continue this during pregnancy and during lactation. Adult patients with anxiety or depressive disorders do extremely well with our treatments which, of course, include cod liver oil. Dagmar Ehling, Mac, Lac. DOM(NM), Dipl OM

I have ad chronic fatigue syndrome for over seventeen years. At first, when I took the fermented cod liver oil, it gave me a headache so I stopped taking it. After I had the flu a while back, I was left with a symptom where I could not lie down without feeling like I was smothering, even though I could breathe fine. This was accompanied by deep anxiety. The doctor suggested I had a classic symptom of congestive heart failure and suggested an angiogram, but that wasn’t really an option for me because I have terrible reactions to drugs. Meanwhile, I found out that I had low vitamin D levels (I live north of Seattle, WA) and learned that low vitamin D can cause heart problems. I started taking vitamin D3 and it helped a bit but I kept needing more to keep the awful smothering symptom away. I was up to 6,000 IU per day of D3, but kept feeling colder and colder and sleeping more fitfully. Finally I got to the point where I didn’t sleep all night and I knew it was the vitamin D keeping me awake. Fortunately, I had just bought some raw Jersey milk for my husband – not for myself because I thought milk did not agree with me, but I tasted his and decided to have a glass of my own because it was so good. It calmed my nerves and I was able to sleep. Then I decided to try taking the fermented cod liver oil again because I knew I needed to get vitamin D somehow. The first dose did
give me a headache for a short time, but I felt some well-being afterwards. So for the past nine days I've been drinking three glasses of raw milk per day with no digestive upset and taking one to one and one-half teaspoons of fermented cod liver oil daily. Pain and inflammation seem to be subsiding, my energy is improving, the constant feeling of heat and pressure in my head is gone, and I am so amazed and grateful that the awful smothering feeling is quickly becoming a bad memory. As an added bonus, I no longer feel bothered at all by the gray Pacific Northwest winter days. Given the improvement I have experienced in just a few days, I'm looking forward to seeing what happens as this winter progresses and I keep taking cod liver oil and drinking raw creamy milk! JI

Finally my vitamin D test results are back, and my vitamin D level has risen from 39 to 46 after taking two bottles of the fermented cod liver oil. Previously I had taken the regular high-vitamin cod liver oil for a year and my vitamin D level stayed at 39 before and after. SH

I come from a family that suffers from arthritis so was concerned when I developed stiff hands and knees in my mid-forties. Several months after taking high-vitamin cod liver oil and high-vitamin butter oil, the stiffness disappeared, never to return. SM

Since taking fermented cod liver oil, my libido has returned (after three years' absence), and my periods are not painful now. My hands no longer ache as they did and my skin is clearer. My daughter's fungal rash went away within a couple of weeks after she began taking it. LM

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