

~ A Healthier You ~

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**Plagued by Rheumatoid Arthritis or eczema?
Essential Fatty Acids found in 'good' oils - is one solution!**

Essential Fatty Acids (EFAs) are just that, “*essential*” because, they cannot be manufactured by the body. They have to be acquired by diet and/or supplementation. They are the ‘good fats’ and most of us are deficient in them, because of the **Standard American Diet (S.A.D.)**. These essential fatty acids are needed by literally every cell in the human body to manufacture and repair the cell membranes, thereby enabling the cells to obtain optimum nutrition and expel harmful waste products. Deficiencies in these important essential fatty acids are linked to decreased memory and mental sharpness, tingling sensations of the nerves, poor vision, poor immune function, increased “bad” cholesterol (LDL) levels, hypertension, irregular heart beat, learning disorders, menopausal discomfort, growth retardation in children and much more.

There are (basically) three essential acids: Omega 3, Omega 6 and Omega 9 and they are found in Flax Seed Oil, Borage Oil, Black Currant seed Oil, Hempseed Oil, Grape seed Oil, and Evening Primrose Oil. These are the “good oils” and they are very important for maintaining and balancing many healthy conditions, such as:

Heart Disease; reduces blood triglycerides, lowers cholesterol , lowers high blood pressure, inhibits atherosclerotic plaque.

Obesity: promotes weight loss, increases metabolism of brown adipose tissue.

Rheumatoid Arthritis: reduces morning stiffness, reduces joint inflammation.

Inflammatory Bowel Disease: symptom reduction in Crone's and Ulcerative Colitis.

Mood and Cognitive Health problems: helps stabilize bi-polar depression, helps control psychotic symptoms in schizophrenia, improves cognition in Alzheimer's, improves attention deficit in children, improves autism and dyslexia.

Women's Health problems: improves calcium metabolism in older women with osteoporosis, helps control symptoms of premenstrual syndrome and menopause.

Skin Conditions: reduces itching in eczema, reduces dry, flaky symptoms of psoriasis, conditions hair and skin.

If you're trying to change your eating habits in order to obtain the EFAs from your diet, they can be found in the following foods: SEEDS, such as: flax, sesame, sunflower, pumpkin, or hemp- NUTS, such as: walnuts, Brazil nuts, pine, pistachio, cashew, hazel nuts and almonds, avocados- DARK LEAFY GREEN VEGETABLES, such as: kale, spinach, purslane, mustard greens, collards, as well as salmon, mackerel, sardines, anchovies, tuna, olives and olive oil.

However, to make sure that you are getting the proper balance of the EFAs, it's a good idea to take a supplement. It appears that most people are deficient in the Omega-3 Fatty Acids, which can result in anything from acne to mental illness.