



Omega 3 Essential Fatty Acids (EFAs)

Who Needs To Supplement With Omega-3 Essential Fatty Acids? Everyone! Omega-3 EFAs are extremely important in the structure and function of every cell in the body and the function of your cells is what determines your health. Your cells are what determines your immune function, healing, hormone levels, heart function, cholesterol levels, blood pressure, digestion, moods etc. Literally, the function and health of your cells determines every aspect of your health.

Everyone needs to consume EPA and DHA omega-3 fatty acids in order to be healthy and to prevent illness and the modern Western diet is almost devoid of these nutrients.

What is even more alarming than the pandemic deficiency in EPA and DHA omega-3 fatty acids is that virtually all people living in industrial nations are toxic with the omega six fatty acids and saturated fat that is so common in modern diets. Research indicates that the ratio of omega six: omega-3 fatty acids in the average modern diet are as high as 20:1. The evidence indicates that the proper healthy ratio is 1:1.

Being toxic with omega 6 fatty acids and deficient in omega-3 fatty acids is a combination that is shown to increase the chances of illness in people of all ages. Illnesses associated with omega 6 fatty acid toxicity and/or omega-3 fatty acid deficiency includes; ADHD, allergies, eczema, asthma, breast cancer, colon cancer, prostate cancer, lowered immunity, heart disease, strokes, diabetes, high blood pressure, depression, fibromyalgia, ulcerative colitis, Crohn's disease, arthritis, osteoporosis, and Alzheimer's, painful menstruation, back pain, neck pain, and headaches. Wow!

This is precisely why I do not advocate treating symptoms due to deficiency with EPA and DHA; but, rather focusing on supplying your cells with the sufficient amounts of EPA and DHA that science has shown are required for health and the prevention of illness. Furthermore, and very importantly, the significant determining factor regarding who should supplement with omega 3 essential fatty acids is not if you are or not symptomatic; but, whether or not you are supplying your cells with the sufficient amount of EPA and DHA required for health and illness prevention.

Waiting until you or your family become symptomatic or have a diagnosed illness to supplement with omega-3 fatty acids would be inappropriate considering the fact that science has shown beyond any reasonable doubt that everyone requires EPA and DHA on a daily basis in order to be healthy and prevent illness.

This is why I stress the importance of supplementation BEFORE illness develops. It is both dangerous and illogical to wait until illness develops to begin to take care of yourself, your children or even your pets. How can we prevent ILLNESS or PROMOTE HEALTH if we wait until we are already ill before we take action?

That is a question we all should be ponder!

Let's look at a little more data. Omega-3 essential fatty acids are some of the most crucial essential nutrients for human and other animal health ever identified. Over 2000 scientific studies provide evidence of the importance of EPA and DHA essential fatty acids for the maintenance and restoration of health and the prevention of disease.

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EPA and DHA omega-3 EFA's are part of every cell membrane and are required to maintain the proper shape, flexibility, or fluidity, and "slipperiness" of cell membranes. The flexibility and "slipperiness" of cell membranes is important for the flow of blood through the blood vessels and decreasing the risk of high blood pressure, stroke and heart attack. This fluidity or flexibility of cell membranes is also crucial to ensure the proper flow of nutrients into cells as well as the proper shape of cell receptors for hormones such as insulin (insulin sensitivity).

In addition, EFA's are required for proper nerve signal transmission (memory, concentration, cognitive ability, muscle coordination and strength) and immune function including defense against cancer. This is why EPA and DHA deficiencies are linked with cognitive impairments, learning and behavior disabilities such as; ADHD, with depression, and with decreased cognitive ability and increase risk of Alzheimer's and dementia in the elderly. EPA and DHA deficiency is also highly correlated with increased risk of breast, colon and prostate cancer.

EPA and DHA omega-3 EFA's also play a major role in regulating inflammation via substances called prostaglandins. EPA and DHA omega-3 fatty acids produce anti-inflammatory prostaglandins while omega 6 fatty acids produce pro-inflammatory prostaglandins (which enhances our aches and pains).

Having a diet that is toxic with omega 6 or deficient in omega-3 EFA's creates a pro-inflammatory state within the body. This is very significant because inflammation is at the root of virtually all of the common chronic illnesses seen today such as; cancer, heart disease, stroke, diabetes and depression as well as the autoimmune and atopic diseases such as; arthritis, Crohn's disease, irritable bowel, psoriasis, eczema, allergies, fibromyalgia, lupus and multiple sclerosis. Inflammation is also a major factor in dysmenorrhea (menstrual pain and/or cramping), headaches, back pain and neck pain.

Omega-3 EFA's play a role in virtually every human function including growth and development, digestion, brain and nerve function, immune function, hormone production and regulation, maintenance of skin and bones, regulation of healing and inflammation, heart function, vision, cholesterol levels, and even emotions and behavior.

This is why supplementing with omega-3 EFA's has been shown to help people with so many different illnesses. In reality, supplementing with omega-3 EFA's will help anyone that is deficient in omega-3 EFA's whether they have a diagnosed illness or not. The fact of the matter is that everyone needs omega-3 EFA's and due to dietary practices virtually everyone in Western societies are deficient. Without these essential nutrients, cells cannot function properly and illness is inevitable even though it may take years before symptoms arise.

This does not mean that a deficiency in omega-3 EFA's is the only cause of any illness; that would be an unscientific and illogical claim. However, it does absolutely mean that if someone is deficient in omega-3 EFA's their cell function and thus their health is compromised and will be improved when they begin to supplement-this is an indisputable scientific fact. Obviously, if omega-3 EFA's are needed for proper cell function and cell function determines our health, then omega-3 EFA's are a significant determining factor in health. This is exactly what the research indicates!

Simply put-most individuals do not eat enough salmon, herring, mackerel, anchovies, sardines, walnuts, flaxseeds, beans, olive oil or winter squash to get their sufficient amount of Omega 3's.

Your present and future health is dependent upon this essential supplement! Please consult your wellness/health practitioner for your personal daily intake recommendations.

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