



Omega Fatty Acids

Omega fatty acids are essential polyunsaturated fats that play an important role in the body's inflammatory response. Depending on their chemical structure, they are classified as omega-3s or omega-6s. Omega-3s "reduce inflammation" and are found in fatty fish and seafoods. Omega-6s "increase inflammation" and are found in seeds and oils. Both are necessary, but balance is crucial so the inflammatory response can be turned on when needed AND off when not needed.

The ideal ratio of omega 3 to 6 is about 1:4. But because the average American eats so much processed food (and so little seafood), it is estimated that most people's omega ratio is around 1:15 (favoring inflammation).

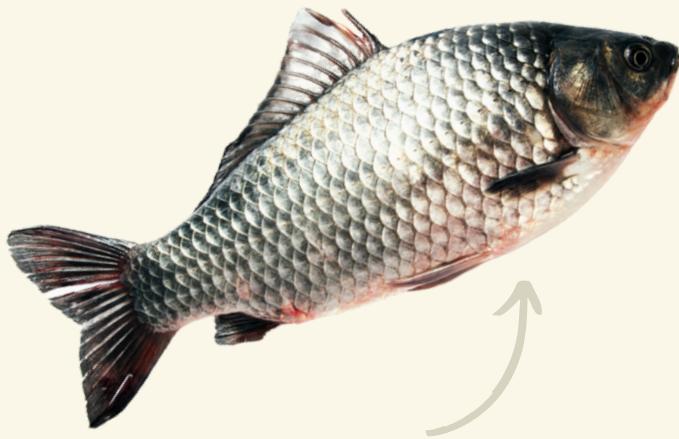
What about walnuts & flaxseeds?
Do they provide omega-3s?

While plant sources do contain precursors to omega-3 fatty acids, they require conversion into a form that is useful for the human body.



IT'S ALL ABOUT BALANCE

Inflammation itself is not bad—it is actually a necessary part of the immune response. However, chronic inflammation becomes an issue when the body cannot turn it off.



Fish is by far the best dietary source of omega-3s because their bodies have already done the conversion process. If you struggle to get enough fish in your diet, a quality fish oil supplement can be an alternative (if vitamin E status is adequate).

OMEGA 3

anti-inflammatory

- salmon
- mackerel
- anchovies
- sardines
- herring
- clams
- oysters
- algae
- fish oil
- cod liver oil

OMEGA 6

pro-inflammatory

- corn oil
- canola oil
- sunflower oil
- soybean oil
- grapeseed oil
- cottonseed oil
- sesame seeds
- pepitas
- walnuts
- peanut butter