

## **Essential Fatty Acids for Health**

Essential Fatty Acids are key for a healthy body to run smoothly. We see the term 'essential' when related to nutrition, it means that your body can't manufacture that nutrient and it must be supplied in the diet. However, a lot of us don't get the necessary amounts of essential fatty acids that we need from our diet. Even those who eat healthy, whole foods may not eat enough fish or the omega-3 rich foods. Those on the Standard American Diet (including junk or fast food) may also be lacking in those key essential fatty acids. Instead, their diet is rich in trans fats that disrupts cell membrane function.

Other health problems and dietary deficiencies inhibit our ability to convert the fats we eat into the anti-inflammatory prostaglandins (PGE1 and PGE3), like having high insulin levels from eating too many refined carbohydrates and sugars, and lacking vitamins B6, B3, vitamin C, magnesium, and zinc. Alcohol consumption and the use of aspirin can also interfere with the conversion of the fats we eat into the anti-inflammatory prostaglandin hormones.

Deficiencies in these anti-inflammatory omega-3 and omega-6 fats can contribute to health issues like dry skin, fatigue, arthritis, and different forms of inflammation and pain. These essential fats may also help in easing depression and may improve learning capacity and focus in children with ADD. If you are someone who craves fatty foods like French fries or potato chips, this is a good indicator that you are lacking Essential Fatty Acids. Muscle fatigue, like that experienced after climbing one set of stairs, is also a sign that you may be deficient in these fats, as fat is the preferred source of fuel for the muscles.

Here are some great products to consider adding to your diet to ensure you are getting enough of these essential nutrients:

### **Biomega-3**

Sourced in accordance with the strict standards of the European Union and made from anchovies and sardines, this oil is rich in EPA and DHA. EPA and DHA help to improve brain and neurological function and can assist learning. The omega-3's are good for skin, inflammation, cardiovascular function, and pain. Many Americans get too much omega-6 from their diet, unbalancing the ratio of omega-3 to omega-6. This product helps to bring the omega-3 balance back up. The natural lemon flavor in the liquid makes the fish oil surprisingly tasty. Be aware that taking high levels of fish oil can decrease levels of DGLA over time, which is the precursor to the anti-inflammatory PGE1 pathway. Supplementing with Gamma-Linolenic Acid (GLA) while taking fish oil, can help mitigate this problem.



### **Optimal EFAs Caps**

This is a product with a balance of all of the Essential Fatty Acids with Alpha-Linolenic Acid (omega-3), EPA, DHA, GLA, and Oleic acid from fish, borage, and flax seed oil. The balance of fatty acids makes this a good product for long term EFA supplementation.



## **Beta-TCP**

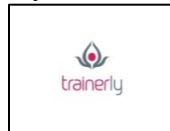
Supplies 100 mg of organic whole beet source combined with pancrelipase, taurine, and vitamin C. Beta-TCP™ has been the supplement of choice for practitioners supporting biliary motility. Those who burp up fish oil, have trouble digesting fats, or have thick bile will benefit from this product.



For more information or to review your particular needs, please schedule a free consultation at <https://clients.mindbodyonline.com/ASP/home.asp?studioid=147336> or click the link below.

**Please review our business at:** [Yelp](#) [City Search](#) [Google +](#) [Angie's List](#)

Trainerly allows you to workout and exercise at your home, office, hotel room or pretty much anywhere in the world through live 2-way webcam. [Sign-up](#) for a free class with me today.



Your suggestions are appreciated to make our business better. Please take the survey by [clicking here](#) and provide your input.

Want to know your metabolic power? [Click Here](#) to find out if your metabolism is working for you or against you.

Do you know someone who might be interested in our products or services? [Click Here](#) to fill out our referral form and, as our way of saying thank you, you will receive \$15 off and of our products or services. We appreciate your support.

[Click Here](#) to sign-up for our e-mail list so can receive all of our articles & download your free copy of our Dietary Information e-book.

[Like us on Facebook](#)/[Connect with us on LinkedIn](#)/[Follow us on Twitter](#)  
[Follow us on Google+](#)/[Pinterest](#)

**(Hold down the Ctrl key & click the underlined words or logos)**  
**Make sure to forward to friends and followers.**  
**Connect with me at [Wizpert](#)**