

Complete Health Truths

Exploring natural health by getting back to the basics.

Benefits of Omega 3/Healthy Fats

By Christina Mroz, Health Coach

According to Jordan Rubin, omega-6 fatty acids should be balanced by a healthy intake of omega-3 fatty acids. **NOTE: The standard American diet includes mostly omega-6 fatty acids and needs to include more omega-3 fatty acid foods.** An ideal intake ratio of Omega-6 to Omega-3 fatty acids is between 1:1 and 4:1, with most Americans obtaining a ratio between 10:1 and 25:1.

Omega-3/Omega-6 Balance

Approximately 80 percent of Americans consume a diet heavy in omega-6s and very limited omega-3s. Sources of omega-6s include: vegetable oils, grains, baked goods, and margarine. Since the standard American diet (SAD) consists of large amounts of the omega-6 fatty acids, it is not necessary to supplement the diet with more omega-6. Research suggests that excessive omega-6s in the body can promote chronic inflammation, cancer, heart disease, stroke, diabetes, arthritis and auto-immunity.

What contains omega 3:

Oily, Coldwater Fish: such as tuna, salmon, and mackerel.

Eggs: Organic eggs from hens allowed to feed on insects and green plants can contain more omega 3 than no-organic eggs.

Despite the unfounded cholesterol scare during the past 15 years, eggs can be a healthy addition to anyone's diet; they can actually help reduce the risk of both heart disease and cancer. Eggs high in omega 3 contain every nutrient but vitamin C. They are good sources of vitamins A and D and carotenoids, which protect the body against free-radicals.

Oils: When choosing cooking oil, your first choice should be extra virgin coconut oil or organic, raw butter. Extra virgin olive oil, a popular cooking oil, is not as stable under heat.

Olive Oil is ideal for salads and for cooking at *moderate* temperatures. Olive oil can also be great for treating dry skin.

Butter contains fat as well as protein, calcium and phosphorous. Butter also contains fat-soluble vitamins A, D and E.

Coconut oil is 92% saturated with over two-thirds of the saturated fat in the form of medium-chain fatty acids (often

called medium-chain triglycerides or MCTs). **MCTs are quickly metabolized by the body and used as energy** rather than being stored as fat which helps to support **thyroid function**.

Benefits of coconut oil:

-Increased immune system health

-Increased metabolism by supporting the thyroid gland

-Energy/fuel for the body

-Coconut oil is also great for your skin and can be used just like a any lotion.

Nuts Here are a few of the reasons researchers believe nuts are good for health:

Walnuts in particular are high in alpha-linolenic acid, an essential (n-3 or omega) fatty acid that is protective to the heart and circulation.

Nuts are also good sources of dietary fiber, magnesium, copper, folic acid, vegetable protein, potassium, and vitamin E, all of which have been shown to be important for heart health.

Resources and Further Reading:

(Decide for yourself if omega 3 is needed in your diet.)

The Maker's Diet by Jordan Rubin

<http://www.mercola.com/forms/carlsons.htm>

http://www.mercola.com/2002/mar/13/omega3_fats.htm

<http://products.mercola.com/coconut-oil/>