



## ESSENTIAL FATTY ACIDS DR JEWKES

Lets talk about the omega essential fatty acids. There are 3 groups of which two of the groups get the most attention.

Omega-3 fatty acid family includes alpha-linolenic acid, eicosapentainoic acid(EPA), and docosahexaenoic acid(DHA). In certain plants, seeds, seed oils, fish, and eggs are sources of omega- 3. When we ingest these fatty acids they are converted to a group of anti-inflammatory prostaglandins-hormonelike substances used throughout the body.

The omega-6 group family includes cis-linoleic acid, linoleic acid, and gammalinolenic acid(GLA). Omega -6 fatty acids are found in most plants and vegetable oils, and they also are converted into prostaglandins. (please note that is very important to have a balance of these fatty acids).

The omega-9 group is derived from the monounsaturated fat oleic acid, of which comes from olive oil, fish, nuts, seeds, seed oils, avocados, as well as meats. These fatty acids are not essential but assist the other essential fatty acids.

Once these prostaglandins are made they regulate all of our body functions, including those of the cardiovascular, reproductive, immune, and nervous system. In addition these fatty acids serve as structural parts of cell membranes and therefore help protect the cells from invading toxins, bacteria, viruses, and allergens.

Research has linked fatty acid imbalances to a variety of chronic diseases, including heart disease, diabetes, arthritis, allergies, problems related to the nervous system including behavioral problems, skin problems, and various immunological disorders.

Sources: British Journal of Medicine  
American Journal of Clinical Nutrition  
National Institutes of Health  
New England Journal of Medicine

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