

ESSENTIAL FATTY ACIDS

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Essential fatty acids (EFAs) are essential for the human body. Found mostly in oily fish, olives, olive oil, seeds, nuts and avocado, these fatty acids can hold anti-inflammatory properties and support the health of the nervous system and cellular function. They are also essential for brain health, cardiovascular well-being and skin.

Omega 6

Omega 6 in excess can be pro-inflammatory so it often isn't necessary to supplement or to add into the diet as we get so much of it in our diets anyway. Omega 6 is found in abundance in **products rich in vegetable oil** and **nuts**.

Omega 3

Deficiencies in EFAs (in particular Omega 3) can be associated with dry, itchy and flaky skin, dry brittle hair, endocrine dysfunction, reproductive health issues and immune response. Omega 3 is also associated with mood and has shown in studies to improve feelings of anxiety and depression in test subjects.

Omega 3 is commonly found to be low in people's diets which is why it is better to increase Omega 3 rich foods or to take in a supplement as advised by a health professional, such as a Nutritional Therapist.

There are 3 types of Omega 3 – EPA, DHA and ALA. A 2:1 ratio of EPA and DHA is the optimum for reducing inflammation.

The ideal amount of oily fish to eat in a week for optimum Omega 3 intake is more than 3 times per week. Oily fish includes **sardines, anchovies, mackerel, salmon** and **herring**.

Omega 3 Fish Oils

Taking an Omega 3 fish oil can also be a good way of ensuring you are topped up in the diet.

I recommend a **high potency** fish oil from Cytoplan:

www.cytoplan.co.uk/fish-oil-capsules-high-potency-1000mg-550mg

For a **Vegan fish oil** I recommend: www.cytoplan.co.uk/omega-3-vegan

If you would like to read **more in depth about essential fatty acids**, then check out this link:

blog.cytoplan.co.uk/which-omega-is-right-for-you