

Mindful



Health

Newsletter

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Many of you have heard of essential fatty acids but you have no idea why you need them or what they do. Hopefully this will help to break it down for you.

Fatty acids are the building blocks where fats and oils are made. They can be referred to as EFAs or essential fatty acids. They are needed by the body but they can not be made by the body on its own.

There are two main categories of fatty acids — omega-3 and omega-6. Omega-3, which supplies alpha-linolenic and eicosapentaenoic acid, can be found in deepwater fish, fish oil, flaxseed oil, walnut oil, and canola oil. Omega-6, which supplies linoleic and gamma-linolenic acids, are found in raw nuts and seeds, unsaturated vegetable oils, sesame oil, borage oil, grape seed oil, and legumes. EFAs are delicate and when they are heated the beneficial properties are destroyed. This is why certain oils known as hydrogenated oils, which are oils that are heated, are dangerous.

WHY DO I NEED ESSENTIAL FATTY ACIDS?

Essential fatty acids can improve the quality of the skin and the hair, reduce blood pressure, lower cholesterol, reduce the risk of blood clotting, aid in metabolism, heal eczema, reduce inflammation, ease joint pain and soothe psoriasis. They are needed to rebuild and produce new cells, and for proper thyroid and adrenal function.

They also convert into prostaglandins which protect against heart disease, boost the immune system, regulate nerve impulses and much more.

HOW DO I KNOW IF I AM DEFICIENT IN EFA?

Signs of deficiencies can be dry, flaky skin, hair loss, nail problems, gallstones, liver problems, irritability, varicose veins, infertility and retarded growth.

WHAT SPECIFIC FOODS CAN I EAT FOR EFA?

- Fish oil: Salmon, herring, mackerel, and sardines. Also Cod Liver Oil can be a good source.
- Flaxseeds: Good source of EFA and B vitamins, protein, zinc, potassium and fiber.
- Grape seed oil: High in linoleic acid and low in saturated fat.
- Nuts, grains and unmilled or sprouted legumes (especially almonds and walnuts).
- Dark green plants.
- Borage seed, black currant seed.

** When using oils use cold pressed, unrefined oil*

WHAT INTERFERES WITH EFA SYNTHESIS IN THE BODY?

- Alcohol and tobacco
- Radiation, even from kitchen appliances
- Electromagnetic frequency (computers, cell phones, etc...)
- Saturated fats and excessive cholesterol
- Nutritional deficiencies
- Trans-fatty acids found in processed, packaged foods and in shortenings, margarines and oils heated above 320 degrees.

Come in for a scan and I can check your EFA levels!

**Come visit my website at
www.mindfulhealth.biz
for more information.**

Confused about all of the health theories that are out there? Looking for some answers?

Do you want to have a unique program tailored to your lifestyle and needs? Why not consider a compassionate health and nutrition program made to work for you? Call Nicole Glassman at (212) 956-7629 for a free consultation or e-mail her at Nicole@mindfulhealth.biz