

The Good Fats: Essential Fatty Acids

Harmony & Health

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Quality Products for Health

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Good fats promote healthy bodies. Brain and nerve tissue require the right kinds of fats, so low fat diets can actually lower the intelligence of children. Fats are also necessary for the production of hormones, glandular functions and healthy skin. Unfortunately, most Americans get too many omega-6 fatty acids and not enough omega-3 fatty acids. Fatty acids are termed “essential” because the body cannot manufacture them.

Omega-3 fatty acids protect the heart and help the immune system. Some foods that have omega-3 are wild game, grass-fed poultry & beef, deep ocean fish, avocados, nuts (especially walnuts) and seeds, such as flax, chia, and hemp.

Products to consider:

- **Super Omega-3 EPA** is a source of two fatty acids, EPA and DHA. Each softgel contains approximately 1,000 mg fish oil, with a ratio of 2:1 EPA to DHA; contains lemon to significantly reduce the aftertaste and to reduce gas. Helps overall with inflammation, cardiovascular, as well brain & nerve health.
- **Flax Seed Oil** is a convenient plant-source alternative to fish oils; a rich source of EFAs, including linoleic acids providing the ideal ratio of omega-3, omega-6 and omega-9 EFAs required to maintain the necessary balance between good and bad prostaglandins. Lignans are phytoestrogens that provide powerful benefits, including boosting the immune system and maintaining hormone balance; also, beneficial for dry and/or flaky skin.
- **Krill Oil** is sustainably sourced oil from Antarctic Krill is a highly bioavailable source of Omega 3, empowered by Vitamin K2 for cardiovascular & bone health; supports joints, skin, brain function & cardiovascular health.
- **Evening Primrose Oil** contains gamma-linolenic acid (GLA), a fatty acid that assists the body in producing prostaglandins (messengers in the body that perform hundreds of important functions) which helps the immune and circulatory systems.
- **Super GLA** contains the three richest natural sources of Gamma Linolenic Acid (GLA) in a blend of evening primrose oil, black currant oil and borage oil. GLA is a precursor to prostaglandins in the body and thus plays a role in immune system support. Women, in particular, have traditionally used GLA at certain times of the month to support mild mood changes, breast tenderness and cramps.
- **Cod Liver oil**- traditional source of omega 3's, sourcing is critical, as with all supplements. Nordic natural is sustainably sourced from 100% wild Arctic cod, delivering an ultra pure, naturally concentrated product.

Children need omega-3s for healthy growth, development, and brain function. In addition, some evidence suggests that omega-3s may be beneficial for avoiding allergies, improving sleep and school performance, and mitigating ADHD symptoms. Nordic Naturals makes a full line of quality products from liquids to chewables designed and dosed for various ages that we carry; children can also implement adding Barlean's Fish or Flax seed oils to their diet to enhance intake.

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

Building Better Health Naturally

