

Omega 3-6-9



Did you know that those wonderful Omega 3-6-9's can help relieve nerve and joint pain?

These essential fatty acids are necessary for our body to regenerate tissues such as nerves, cartilage, tendons, ligaments and skin.

Here is an easy way to categorize the many faces of these great fats.

Omega 3 has two faces.

- One is found in seeds like flax, hemp, and chia. This one is called A.L.A. This fatty acid is good for general health; such as improving skin, hair, joint lubrication and digestion of fats and cholesterols.
- The other face is found in cold fatty fish such as sardines, herring, and salmon. Some people think that the fish make these particular omega 3's. Actually, the fish eat a smaller food called algae which contain the fats. The fish simply convert them into a source that we can easily digest. This one has two names; E.P.A. is the one used to reduce inflammatory responses within the body. D.H.A. is the one used to increase neural functions.

Omega 6 and 9 are fats that can be easily found in our every day foods. Cooking oils such as olive, sesame, and grape seed are the most common sources. Eating olives, nuts, seed, beans, lentils and avocados can offer you healthy quantities of omega 6 and 9. These fats are important for general health such as the A.L.A from the Omega 3's.

The trick is to make sure you balance all of them in your daily foods to maintain a well lubricated and pain free body.

For more information on this subject, contact:
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