



ETERNAL SPRINGS
wellness

FATS

Today there is so much media hype on fats that it is hard to know what to do to takes care of you. One minute you should have some and the next minute not, then what kind and how much and when become the new questions. No matter what you hear the body cannot make certain kinds of fat and it needs them to function in balance. “Deficiencies are associated with many chronic degenerative diseases such as heart disease, arthritis, cancer and strokes,” says Dr. Shanbhag of the AYU Natural Medicine Clinic.

Essential fatty acids (EFA) run the show. They are part of your nerve cells, hormone-like prostaglandin and cell membranes. Raw nuts and seeds, legume oils such as borage, grape seed, sesame, primrose, fish, canola and flaxseed oil are the main carriers of omega-3 and omega-6 essential fatty acids. Deficiencies result in symptoms like skin disorders, hair loss, anemia, and diarrhea and slow wound healing.

The most important effects that they have are lower triglyceride levels, and decrease the risk of sudden cardiac death and stroke. They are anti-oxidants. What is the mechanism behind an anti-oxidant and why have it in your body? Simply put, it helps your body efficiently remove the free radicals that are the precursors to cancer and general cell breakdown. Strong cells create a strong body and what you eat today will affect your health now and in seven years as your cells replace themselves.

So now the question is whether to take them in a pill or eat them in your diet. Clearly the more natural the source the easier it is for your body to identify and use. The other argument is that the soil on earth is so depleted that it no longer supplies what we need in food alone. My suggestion is to eat organic whole foods; organic farmers take well care of their soil and plants. Most organic farmers mulch, adding nutrients to the land and returning the unused part of the plant to the earth to enrich it. That said if you have no plan or intention of eating well and a large variety then supplement for health.

Also, you might look at your resistance to take loving care of yourself and any food addictions you are active in!