



Eating the Right Type of Fat



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Founder

Additional Recommended Supplements for Optimal Health...

Foundation of Health:

- [Ultimate One](#)
- [CoQ10](#)
- [Omega 3 Fatty Acids](#)
- [Greens N' Things](#)
- [Chewable Calcium & D](#)
or
- [Liquid Cal-Mag-Zinc](#)

Hormone Balancing:

- [Evening Primrose Oil](#)

These supplements may be purchased on [Our Store](#):

[FreedomFromMenopause.com](#)

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. **WARNING:** Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

Why Essential Fatty Acids (EFA's)?

The average American diet contains far too much saturated and hydrogenated fat and yet is deficient in the beneficial fatty acids needed in the daily diet. This situation poses a serious health threat, and may play a major role in the development of heart disease.

The American Heart Association recommends two servings of fatty fish per week to decrease the risk of heart disease. This recommendation is because fish contains essential fat compounds that provide numerous health benefits to the body. Since many people do not consume fish or other foods high in essential fats, supplements are an easy way to ensure adequate intake.

"Good Fats"

Examples of good fats are omega-6 and omega-3 monounsaturated fatty acids, which are essential to the daily diet. Good fats can be found in foods such as canola oil, spirulina, green leafy vegetables, soybeans, borage oil, evening primrose and flaxseed oil, as well as fatty fish such as salmon, tuna, cod, mackerel and herring.

Benefits of Good Fat -- EFAs

- Supports heart health
- Important for brain development and function
- Promotes healthy joints
- Important for the nervous system and involved with immune function
- Popular for overall good health

"Bad Fats"

Saturated and trans fatty acids are considered harmful in excess and the typical American diet includes far too much of these fats compared to the good fats stated above. Animal foods are highest in saturated fats as well as whole-milk dairy, coconut and palm oils. Trans fatty acids are found in ready-made baked goods, fried foods, and artificial dairy products. The key to a healthy diet is increasing the ratio of good vs. bad fats, which may be achieved by supplementation. Choose a supplement below from our brand of high quality, pure EFA products:

Borage Oil :

- A highly concentrated source of gamma linolenic acid, (20%), providing a great source of omega-6 fats

Concentrated Omega-3 :

- The best natural source of omega-3 essential fatty acids harvested from coldwater fish of Norway and tested for pesticides, PCBs and heavy metals

Evening Primrose Oil :

- 1300mg soft gel for an excellent source of omega-6 fatty acids

Flax Seed Oil :

- Great plant source of omega-3 fatty acids

Are Essential Fat Supplements Safe?

Our EFA products are tested for pesticides and contaminants, such as heavy metals, to ensure safe and reliable products to our customers. In addition, because heavy metals only bind to fish protein and not fish fats, you can rest assured that your EFA's will never contain detectable levels of mercury.

REFERENCES:

- Goode GK, et al. Dietary supplementation with marine fish oil improves in vitro small artery endothelial function in hypercholesterolemia patients: a double-blind placebo-controlled study. *Circulation*. 1997 Nov 4;96(9):2802-7.
- Spence JD, et al. The effect of flax seed cultivars with differing content of alpha-linolenic acid and lignans on responses to mental stress. *J Am Coll Nutr*. 2003 Dec;22(6):494-501.