




HOW ESSENTIAL ARE ESSENTIAL FATTY ACIDS IN OUR DIET?


Essential Fatty Acids (EFAs) are polyunsaturated fatty acids that we must acquire in our diet as they cannot be made by our body.


01 Play a major role in building new cell membranes in our body 

06 Help with eczema & psoriasis 


02 Help to regulate blood pressure 


07 Aid with cardiovascular disease 


03 May aid in prevention of arthritis 

08 Aid with the nervous system 

04 Lower bad form of cholesterol (LDL) 

09 Needed for brain function & structure 

05 Help to reduce risk of blood clot formation 

10 Deficiencies of EFAs also lead to impaired cognitive function (learning & memory recall) 

Sources of EFAs:

Seeds (flax, chia, pumpkin, hemp), Walnuts, Wild oily fish (salmon, trout, tuna, mackerel, sardines, anchovies), Green leafy veg, Algae (spirulina, chlorella), High-quality fish or krill oil (available at the clinic)

THE PERRYMOUNT
OSTEOPATHY & NATURAL HEALTH CLINIC

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