



Symmetry

Chiropractic

A different approach to chiropractic

DOES YOUR DIET INCLUDE A BALANCE OF HEALTHY FATS? IF NOT, YOU BETTER CHANGE YOUR WAYS!

These days, most of us are aware of the “Fish Oil Craze,” and the importance of getting proper fats and oils in the diet. If you are not yet aware of this significant breakthrough in health science, I highly suggest you start doing your research and act now! Currently, the amount of medical research on this topic is astonishing and should not be ignored. One of my biggest concerns is that people don’t understand how important this concept really is. Getting to know the basics is very simple. The bottom line is this: start balancing your consumption of EFAs, also known as essential fatty acids. They are called essential fatty acids because it is absolutely necessary to get these fats from your diet because your body can’t make them. There are two major classifications of essential fats. They are: Omega-3 and Omega-6 fatty acids. Cold water fish are the best source of Omega-3’s, but research has shown that the safest and most reliable source of Omega-3’s is via a high quality fish oil supplement. This is due to the growing concerns over environmental toxins in our water, which ultimately end up in the fish we consume. Brands and formulas of fish oil that are considered “pharmaceutical grade” molecularly distill their oils for purity. Fish oils not put through this process are usually less expensive, but they may be toxic to your health. Some recommend taking flax seed oil in place of the fish oil, but this just doesn’t cut it. There is new research proving that high doses of flax seed are toxic to the body because of the byproducts the body converts the flax to. Omega-6 fat is frequently found in high amounts in vegetable oils, processed foods, and meat, which are all consumed in high amounts in the typical American diet. Research has shown that a 1:1 ratio of Omega-6 to Omega-3 is optimal (with a 4:1 ratio being acceptable). The average American ratio ranges from 15:1 to 20:1. Why is this of such a concern? EFAs are used by the body as building blocks for cell membranes, which surround and protect each cell in the body. In addition, every cell in your body needs EFAs to assist in important bodily functions such as managing blood pressure, supporting good circulation and the body’s natural anti-inflammatory response. EFAs also help with arthritis, infant development, depression, cognition, immune function, eyesight and a multitude of other health related conditions. Ultimately, all major disease processes stem from the imbalance of EFAs, and the cascade of events that occur from the body’s inflammatory process. Continue reading to see just one research study demonstrating this concept:

Research has shown that Omega-3 consumption can reduce joint pain and swelling while supporting the body’s anti-inflammatory system.

Omega-3’s accomplish this by counteracting the pro-inflammatory impact of Omega-6’s, which unfortunately are abundant in the American diet. A study on adult patients with non-surgical neck or back pain began supplementation of Omega-3’s for an average of 75-days.

Results showed that 60% of respondents reported reduction in both overall pain and joint pain, and 59% discontinued taking prescription pain medications or non-steroidal anti-inflammatory drugs (NSAIDs), such as aspirin and ibuprofen.

80% of subjects also reported being satisfied with improvements by the fish oil supplementation, with virtually no side effects reported.

Symmetry Chiropractic carries Nordic Naturals®, a company that continually exceeds international pharmaceutical standards, and offer exceptional freshness and purity levels due to their multi-patented manufacturing process.

**If you are interested in getting your EFA levels checked or purchasing Fish Oils,
call Symmetry Chiropractic today!**

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