

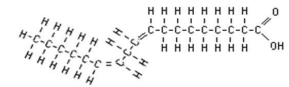
Essential Fatty Acids

Foods High In Essential Fatty Acids:

Sunflower oil Omega-6
 Safflower oil Omega-6
 Corn oil Omega-6
 Soybean oil Omega-3 & 6
 Flaxseed oil Omega 3 & 6
 Peanut oil Omega-6
 Salmon Omega-3
 Tuna Omega-3
 Halibut Omega-3
 Algae and krill Omega-3
 Mackerel, trout herring, sardines Omega-3
 Cantaloupe, acai berries and papaya Omega-3 more than Omega-6
 Dark green vegetables Omega-3
 Flax seeds and pumpkins seeds Omega-3
 Pinto, kidney and mungo beans Omega 3

What Are Essential Fatty Acids?

EFA's or essential fatty acids are fatty acids that we need to consume because the body requires them for the maintenance of every cell in your body. EFAs are required for biological processes and are used as fuel. The human body can not make double bonds in fatty acids beyond carbon 9 and 10, so we must consume these EFAs to get them into our bodies.



Linoleic acid, a polyunsaturated fatty acid.
 Both double bonds are *cis*.

Only two EFAs are known for humans and we hear a lot about them. Alpha-linolenic acid (Omega-3) and linolenic acid (Omega-6). Other fatty acids that are only conditionally essential are gamma-linolenic acid (another Omega-6), lauric acid (a saturated fatty acid) and palmitoleic acid (a monounsaturated fatty acid).

Omega 3s and Omega 6s

First discovered in 1923, EFAs serve multiple functions. Omega-3 fatty acids play a crucial role in brain functions. Research from the University of Maryland Medical Center shows that omega-3 reduce inflammation and may help lower risk of chronic diseases such as heart disease, cancer and arthritis. Omega-3 fatty acids are highly concentrated in the brain and appear to be important for cognitive and behavioral function. Symptoms of omega 3 fatty acid deficiency include fatigue, poor memory, dry skin, heart problems, mood swings or depressions and poor circulation.

The main source of omega-6 in the U.S. comes from seeds, nuts and oils. But not all oils are created equal. Sunflower and Safflower oils have the highest concentration of omega-6 fatty acids. Because of the prevalence of oils in our western diet, most people are consuming 20 times more omega-6 than omega-3 fatty acids. This ratio needs to be almost equal. Most people need to cut down on the fried foods and increase their consumption of omega-3 rich foods like fish.

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*Empowering You Through
Education and Medical Support*

Right Weigh Clinic is dedicated to providing our patients with all the education and medical support necessary to obtain and maintain a healthy weight. We recognize the changes in food sources that have evolved over the past several decades and which changes are causing the obesity epidemic. It is as important to learn how to avoid these foods and it is to eat the proper nutrients. We also have bariatric trained physicians and weekly weigh-ins to monitor progress and make timely changes if needed.

Medical support can include prescription appetite suppressants, metabolic boosters, or medical supplements we have compounded for specific conditions such as diabetes and fatty liver disease.

There are many ways to lose weight, but **our program ensures that you are losing body fat and not just "weight"** by weighing on body mass analysis scales weekly and making timely adjustments to your program.

People Who Should Not Supplement with Fish Oil

If you are being treated with any of the following medications, you should not use Omega-3 fatty acid supplements:

1. Blood thinning medications– Omega-3 may increase the effects of blood thinning medications.
2. Diabetes medications– Omega-3 may increase fasting blood sugar levels.
3. Cyclosporine– Omega-3 may interfere with these medications