



## Essential Fatty Acids

Though you have probably often heard the word ‘fats’ and associated it with bad health, there are some essential fatty acids that are necessary for your survival.

Without them, you could cause serious damage to different systems within the body. However, essential fatty acids are also not usually produced naturally within the body. This means that you have to obtain essential fatty acids by adding them to your diet.

How essential fatty acids support wellbeing	Fatty acid support foods
Many processes in the body require EFAs in order to function at their optimum level. EFAs are a key part in supporting the cell membranes and brain and nervous system of the body. Other regulatory processes require EFAs and they have protective qualities. You need a wide daily intake of EFAs to help support and maintain the myriad of underlying mechanisms which will in turn support optimized wellness.	<ul style="list-style-type: none"><li>• Sardines</li><li>• Salmon</li><li>• Shrimp</li><li>• Mackerel</li><li>• Herring</li><li>• Trout</li><li>• Flaxseed</li><li>• Walnuts</li><li>• Tofu</li><li>• Hemp seed</li></ul> <p>*There are many other essential fatty acid support foods, these are some of the common examples.</p>

We recommend that you get your epigenetics analysed regularly to prevent essential fatty acid and wellbeing challenges.