

Abstract

Image Awareness Wellness Institute Health Letter

Queen of Fats (Part 1)

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The omega-3 fat ALA is the basis for all life on earth. Without it plants can not harness the energy of sunlight through the process of photosynthesis. Animals also require omega-3 fats for their most energy demanding processes. ALA does not provide enough dynamic activity to support the motion and thought of animal life. Animals therefore convert ALA into even more dynamic fats such as EPA and DHA. These fats make it possible for birds to fly, for caribou to walk on frozen tundra without developing frostbite, and for fish to swim in ice cold water without freezing.

Modern understanding of the importance of omega-3 fats began with the observation that Eskimos who have a high intake of these fats are not susceptible to heart disease. Subsequent research revealed that modern diets are very low in omega-3 fats and very high in inflammatory omega-6 fats. The problem is further compounded by a metabolic rivalry between the two fats. Modern man's high intake of omega-6 fats leads to extremely low levels of omega-3 fats and makes it almost impossible to synthesize the critically important EPA and DHA members of the omega-3 family.

Omega-3 fats are removed from foods because they are easily oxidized and have a very short shelf life. When the diet is deficient in omega-3 fats there is a tendency for an increase in a fat called Mead's acid. The body uses this inferior fat as a substitute in tissue structures when quality omega-3 fats are missing in the diet.

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