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The Effects of Essential Fatty Acids on the Cardiovascular System, Energy, General Health and Well Being

Essential fats (omega 3 and omega 6) are unsaturated fats that can help create and maintain your body's natural health. Recent research indicates that on average, the western diet is too high in omega-6 and dangerously low in Omega-3. With the right amounts and ratios, they offer a wide range of benefits to improve your energy and strengthen the immune system.

Many people know about the power of the omega family to develop intelligence and brain function. They can also assist in a wide range of health benefits.

These include:

- **Aid in weight reduction.** EFAs help suppress appetite, thereby supporting weight loss. More recently, they have been found to block the genes that produce fat in the body and boost thermogenesis;
- **Speed recovery and healing.** EFAs are necessary for cell growth and division. They form all cell membranes and regulate vital cell activity;
- **Decrease infection.** EFAs have anti-fungal, anti-yeast, and anti-microbial properties, serving to protect against infections;
- **Produce beautiful skin, hair, and nails.** Omega-3s can help skin conditions such as eczema, psoriasis, and acne. Also, GLA (omega-6 derivative) administration is useful for some patients with atopic eczema.

Where do Omega 3 and 6 come from?

- Omega 3
 - Omega 3 is found naturally in green leafy vegetables and flaxseeds. They are also found cold water fish such as albacore tuna, salmon Atlantic herring.
- Omega 6
 - Omega-6 is found in sesame and sunflower seeds and other seeds and nuts. Other meats and fish are sources of the omega-6 derivative arachidonic acid (AA).

Boost Your Health

A recent study tracked 41 participants during an 8 week period to measure the effects of Udo's Oil on body composition, skin condition, energy, sleep, concentration, general health and well-being. Members of the review took 1 tablespoon of Udo's Oil per 50 pounds of bodyweight per day.

The participants experiencing the following results:

- 20% Decreased body fat
- 23% Improved skin condition

- 53% More energy and stamina
- 32% Improved sleep
- 30% Improved concentration
- 66% Improvements in general health and well-being

Gaining the benefits of essential oils is taking them in the right ratio. Udo's research indicates the best results come from plant oils blended to a 2: 1 ratio - omega -3 to omega -6.

How does it taste?

The blend is created from a mix unrefined organic sunflower, sesame, primrose, oat, rice, and wheat germ oils in order to get the proper ratio of omega-3 and omega-6. People who use it, say it tastes mild with a slight nutty taste and is great in shakes, on toast with omelettes and even in a Caesar salad.

To get your body running like a high performing machine, consider adding Udo's oil to your diet. In my opinion, it is like a personal oil change – to get your body back on the right track.