

The Good Fats: Essential Fatty Acids

Harmony & Health

(812)738-LIFE(5433)

Quality Products for Health

www.harmony4health.com

www.facebook.com/harmony4health

Good fats promote healthy bodies. Brain and nerve tissue require the right kinds of fats, so low fat diets can actually lower the intelligence of children. Fats are also necessary for the production of hormones, glandular functions and healthy skin. Unfortunately, most Americans get too many omega-6 fatty acids and not enough omega-3 fatty acids. Omega-3 fatty acids protect the heart and help the immune system. Some foods that have omega-3 are wild game, grass-fed poultry and beef and deep ocean fish. Avocados and nuts, especially walnuts, also contain good fats.

Some Products to consider:

- **Super Omega-3 EPA** helps to reduce inflammation and cardiovascular disease, as well as lower cholesterol levels and aid circulation. Can help with joint pain.
- **Flax Seed Oil** is a vegetarian source of omega-3 and omega-6 fatty acids that helps lower cholesterol. Also, it is very helpful for dry and/or flaky skin.
- **Krill Oil** has omega-3 fatty acids and fat soluble vitamin K2 which are helpful for bone and cardiovascular health.
- **Evening Primrose Oil** has GLA (gamma-linoleic acid) which helps the immune and circulatory systems.
- **Sunshine Heroes Omega 3 with DHA** is a soft chewy natural “gummy” providing omega-3 EPA and DHA, both of which are helpful for brain development in children. They may also be helpful with behavior problems and skin problems, such as eczema. Children may chew up to 4 tasty gummies per day.
- **Super GLA** is a blend of evening primrose oil, black current oil and borage oil. These three Omega 6 oils are helpful with PMS symptoms and menopause.

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

Help Your Body Stay Healthy with Natural Remedies.

