

FOUR WEEK FAT LOSS

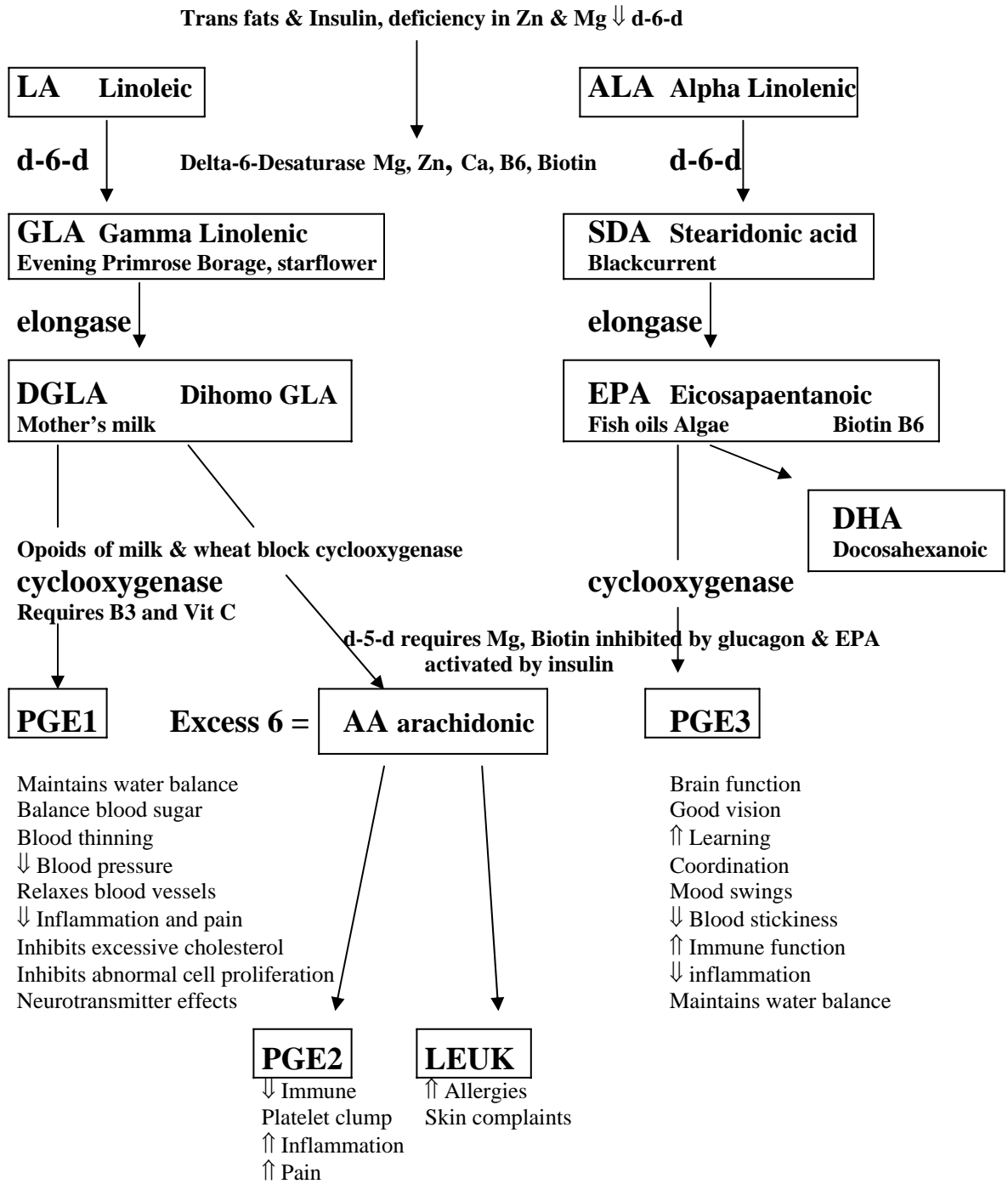
ESSENTIAL FATTY ACID CHART

All nuts and seeds and their oils.
 Brazils, corn, peanut, pecan, safflower
 Sesame, sunflower

OMEGA-6 FATTY ACIDS

Flax, hemp, walnuts, soybeans, pumpkin

OMEGA-3 FATTY ACIDS



- RATIOS OF OMEGA-3 TO OMEGA-6 IN THE BRAIN IS 1:1
- RATIO OF OMEGA-3 TO OMEGA-6 IN LEAN TISSUES IS 1:4
- AVERAGE CONSUMPTION FROM OUR DIET IS AROUND 1:20
- OMEGA-3 TO OMEGA-6
- THE AMOUNT OF INTACT OMEGA-3 FAT IN OUR DIETS HAVE DECREASED BY OVER 85% SINCE 1850.
- IF YOU HAVE BEEN SUPPLEMENTING WITH FLAX-SEED OIL OR FISH OILS AS YOUR PRIMARY SOURCE OF FAT FOR 2-3 YEARS CONSIDER GETTING YOUR PLASMA FATTY ACID PROFILE CHECKED