

## **How are you getting your EFAs?**

Fatty acids are important for all systems of the body to function normally. They help our skin, respiratory system, circulatory system, brain and organs. **There are two fatty acids, termed essential fatty acids (EFA) that your body does not produce on its own. EFAs have to be ingested.**

The two essential fatty acids that the human body cannot produce are the Omega-3 fatty acid and Omega-6 fatty acid, which are important for brain development, immune system function and blood pressure regulation.

Omega-9 is a non-essential fatty acid produced naturally by the body whenever there is enough of either Omega-3 and 6. However, if you do not have enough Omega-3 or 6, then you must get Omega-9 from your diet which plays a role in lowering cholesterol levels and improving immune function.

**Omega-3 is found naturally in:**

**spirulina, raw brazil nuts, hempseed oil, pumpkin seeds, green leafy vegetables, raw walnuts, flaxseeds or flax oil**

**Omega-6 is found naturally in:**

**olive oil, grape seeds, raw pistachios, sesame oil, hempseed oil, pumpkin seeds**

**Omega-9 is found naturally in:**

**avocados, raw pecans, raw almonds, raw hazelnuts, raw macadamia nuts, olives and olive oil**