4 Ways Fatty Acids are Good For Your Health

Contrary to popular belief, not all types of fats are bad for you. There are certain fats that are essential in making your body work the way it is supposed too. For example, essential fatty acids like omega-6 and omega-3 are necessary in the way it functions.

But before you load up on all the bacon and burgers you can find, you should research what the essential fats are because not every type is good for you. The more information you have, the more you can use these fats in order to achieve the body you have long been dreaming of.

What Do These Essential Acids Do For the Body?

Fatty acids aid in multiple bodily functions including:

Cellular Development

Essential fatty acids have a hand in the development of cells and healthy cellular membranes. Their role is integral enough to halt the formation of tumors and the growth of breast cancer cells.

Regulates the Brain and the Nervous System

You might not know this but essential acids are used in order to help with the symptoms of certain mental conditions like depression and anxiety. This is because these substances regulate the thyroid and adrenal activity.

Maintains Normal Blood Pressure

Another reason to eat more good fats is because they play a role in keeping the circulatory system from going haywire. It thins the blood, which prevents clots that can lead to heart attacks and stroke. It also regulates blood pressure and breaks down harmful cholesterol.

Keeps Skin Healthy and Bright

A diet lacking of essential fatty acids can make you have major issues with your skin. Deficiency in these nutrients can cause your skin to appear dull and lifeless. Development of eczema, dandruff and other skin conditions also are most likely to happen.

What Happens If You Do Not Get Enough?

With all the roles essential fatty acids play, there are some very daunting consequences in not getting enough of these substances. The effects vary from person to person however, essential acid deficiency symptoms may include:

\* Impaired vision

\* Development of skin conditions

\* Dementia

\* Memory Loss

\* Mood Swings

Fatty acids come in many forms and you can help with these symptoms by including them in your diet.

Where Can You Source Essential Fatty Acids?

Not all fats are harmful to the body and knowing the difference between a good fat and a bad fat is important.

Below are a few healthy sources of essential fatty acids you can indulge in. Word of caution - everything in excess is never good:

\* Nuts & Seeds

\* Cold Water Fish

\* Soy

\* Canola Oil

\* Walnut Oil

\* Avocados

You can find all types of different good fats to eat. To help you eat less of the bad fats stay away from fast food and processed foods.