

## **Eat Healthy Fats**

Every cell membrane in the body contains fat, and some of those fats cannot be synthesized -- making it essential to obtain these fats from diet. The human body can manufacture most of the fats it needs, including cholesterol, saturated fatty acids and unsaturated fatty acids. But there are two fatty acids which cannot be manufactured in the body, and which must be obtained from dietary sources. These are the essential fatty acids, which are needed by the brain and all cell membranes.

The essential fatty acids are found in the diet in only a few food sources: flaxseed, cold water fish, and oils. These highly beneficial fats are called the Omega-3 and Omega-6 oils. The correct dietary ratio for optimal health between these two oils is 2 to 1 Omega-6 to Omega-3. Yet, the average American diet has a ratio of 25 to 1 Omega-6 to Omega-3. A healthy diet should be 1-1.5% Omega-3, while 2-3% should be Omega-6.

Saturated fats and monounsaturated fats should be 20-30% of the diet for the proper functioning of the essential fatty acids. Trans fats and processing of foods destroys the ability of the body to use these essential fatty acids. Nutritional deficiencies of natural B vitamins, Vitamin C, magnesium, zinc and other trace minerals prevent the body from metabolizing the essential fatty acids. Fatty acid deficiency causes dementia & aging.

Several organ systems in the GI tract are involved in fat digestion. Both liver and gall bladder function are essential to the breakdown of fats in the GI tract. Bile is the ingredient necessary for the breakdown of fats. It is manufactured in the liver. The gall bladder is a storage sac for the bile, and releases the bile as needed into the GI tract.

Your body needs fats to function properly. Nearly half of the dry weight of the brain is fat, and a quarter of this is cholesterol. Cholesterol is an essential part of sex hormones, bile acids, D vitamins and steroid hormones from the adrenal gland -- among other important substances. Cholesterol does not need to be eaten, however, because the liver and other tissues can manufacture cholesterol from saturated fats.

When fats and oils are not digested properly in the GI tract, the body cannot correctly make or use cholesterol, make hormones or even bile. This affects the balance of hormones, pain and inflammation in the body, skin color and texture, and digestion. The body must be able to digest the essential fats to achieve optimal health.

Signs of a malfunctioning GI tract include bloating, belching/gas, indigestion following the ingestion of fats and oils, light colored stools, pain between the shoulder blades, pain over the gall bladder on the upper right side of the abdomen, gall stone formation, constipation, dry skin, and skin rashes. If you have any of these, there is help available.

Other common symptoms of a GI tract that is not working well are chronic allergies and sinus drainage, fatigue especially after eating, indigestion after eating protein, lower bowel gas several hours after eating, irritable bowel, coated tongue and loss of taste for meat. Consult a wellness physician to find a natural way to create your healthy GI tract.