



PILL POPPING

Fat Facts

Nutrition

experts agree that essential fatty acids in the diet are crucial for good health. Not only does the brain rely heavily on EPA and DHA for good mood,



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but every cell needs essential fats to function. Good fats help remove stored toxins and allow nutrients to move in. Essential fatty acids also help to maintain glowing skin, alleviate digestive issues, support hormone balance and maintain cardiovascular function. Recent studies have found that an increase in omega 3 fatty acids improves the body's fat burning capabilities. Daily consumption of oily fish, nuts and seeds are important to get your good fats, but also unappealing to many people. Statistics show that most people do not consume the right amount. The main problem is that many fats are turned bad when heated and, due to long transport times, supermarket handling, heat exposure, the oil can go rancid. To guarantee you are getting enough of your good fats I recommend a new oil by Solgar that contains a pleasant tasting, vegan blend of cold pressed organic flax, blackcurrant seed, sunflower, olive oil and 100mg of vegan DHA per dose. The special concentrated Advanced Omega 2:1:1 oil means that only one teaspoon per day is required, so you can easily meet your EFA

ACCORDING TO RECENT FINDINGS, 74 PER CENT OF PEOPLE TAKE A PACKED LUNCH TO WORK ONCE A WEEK AND 71 PER CENT BLAME THIS ON THE CURRENT ECONOMY