

# Fatty Acid profile

## How Healthy Is The Fat You Are Giving Your Body?



**Research is revealing the long-term health benefits of consumption of fish oils and/or GLA-rich oils on...**

- Cardiovascular health
- Children's health and development
- Female health and reproduction
- Immune health
- Joint and tissue formation
- Lifestyle and healthy living
- Mental/neurological health

**Signs/symptoms of essential fatty acid deficiency:**

- Small bumps on back of upper arms
- Thick or cracked calluses
- Dandruff
- Dry, dull, brittle hair
- Brittle fingernails
- Dry eyes
- Dry mouth/throat
- Inadequate vaginal lubrication
- Depression
- Menstrual cramps
- Premenstrual breast pain/tenderness
- Excessive ear wax
- Excessive thirst
- Allergies
- Crave fats/fatty foods
- Stiff or painful joints
- Dry skin/dyscoloration

[Source: Prohealth]

If you are confused about the conflicting opinions and myths about dietary fat, you are not alone. One thing is clear: the type and amount of dietary fat that you eat can affect your health. Fatty acid profiling of your blood plasma or red blood cells reveals where different food consumption is needed to allow your body to function well.

### **What are fatty acids and why do I need them in my diet?**

Fatty acids are the fats we obtain from our diet. They may be monounsaturated, polyunsaturated or saturated. Fatty acids are found in oils and other fats that make up different foods. Fat is necessary for cell membranes, nerve coverings, hormone production, vitamin absorption and more. Most of us get a lot of fat in our diet, but it usually is not the type of fat we should be getting.

### **What foods do I need to add to my diet to get fatty acids?**

You should consume more "good" fats from fish, flaxseed, olive, vegetable and nut oils (omega-3, 6 and 9 fats respectively) and less saturated oils and trans fats (or hydrogenated oils, the "bad" fats) contained in processed foods. The families of healthy fats called omega-3, omega-6 and omega-9 protect against heart disease and help skin and joints stay young and supple. Hydrogenated and partially hydrogenated oils often contained in shortening, margarine and many baked goods, as well as excessive dietary saturated fats from animal products, can cause health problems on a cellular level and increase heart disease risk.

### **Why should I use the Metamatrix Fatty Acids Profile?**

The Metamatrix Fatty Acid Profile shows the balance of fats and metabolites in plasma. Your overall balance of omega-3 and omega-6 fats is represented by measurement of acid ratios. Balanced fatty acid levels are essential for optimal health. Fatty acid profiles are also an ideal way to track progress or response to a treatment, show varying patterns identifying essential fatty acid excess or deficiency, signs of insulin resistance, elevated level of triglycerides (fatty acids compounds), pro-inflammation or omega-3 dominance.

## PATIENT INFORMATION SHEET



Crosby Chiropractic & Acupuncture Centre  
331 A Jungermann Road St. Peters, MO 63376  
636-928-5588 www.crosbychiropractic.com

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