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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**How Essential Fatty Acids Improve Your Brain Power and Mental Health**

**By Rudy Silva**

What is your brain made of?

Over 50% of your brain is made of good fat. Twenty percent of this good fat comes from EPA and DHA. Remember EPA and DHA comes from,

- \* omega-3 fatty acids
- \* eating fish
- \* borage oil
- \* primrose oil
- \* parilla oil
- \* NOK oil

I have covered all these oils in other articles except NKO Krill Oil. This oil is the new kid on the block. It comes from Antarctic krill, a crustacean found in the Antarctic waters. It provides EPA and DHA like borage oil does, but its chemical structure is phospholipids. Phospholipids are easier for your cells to absorb than borage oil's EPA and DHA, which is in the form of triglycerides.

The essential fatty acids provide the chemical molecules to make Phospholipids. These phospholipids gather together to form a protective barrier around each cell in your body.

If the fatty acids are in phospholipids form, your body is able to use them quicker and more efficiently.

This is what makes NOK oil a more bio-available advanced oil than borage or primrose oil.

If you are deficient in the essential fatty acids, you will be more susceptible to these conditions:

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- \* Alzheimer's disease
- \* Anxiety and body stress
- \* Heart disease
- \* Attention deficit disorder
- \* Attention deficit hyperactivity disorder
- \* Bipolar disorder
- \* Chronic fatigue syndrome
  
- \* Depression
- \* Learning disorders
- \* Memory impairment
- \* Parkinson's disease
- \* Schizophrenia

### Making Your Brain Work Like It Should

Your brain needs a good daily supply of the essential fatty acid omega-3. It also uses omega-6 and AA (Arachidonic acid). So this means taking a good dose of NKO oil is a necessary daily routine for keeping your brain from shrinking.

#### Alzheimer's disease

Doctors believe that if every one lived to be over 120 years, they would come down with Alzheimer's disease. It is a disease that once you have it, all you can do, at this time, is to slow its progression using certain drugs and nutrients.

Before your brain starts to deteriorate to where it contains nodules of toxins, excess oxidation due to free radicals, and weaken and narrowing blood vessels, it might be a good idea to start feeding it the food it needs.

DHA is in order for Alzheimer's disease. When DHA is deficient in your diet, you can expect to have memory loss and become depressed as you age.

Lecithin is also in order since it helps to provide choline, a precursor to the memory neurotransmitter acetylcholine. It also provides the chemicals to produce RNA.

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Heart disease is closely related to Alzheimer's because the heart must be strong enough to pump plenty of blood into the brain and the arteries must open enough to circulate enough blood through the brain and throughout your body.

Even if you don't come down with Alzheimer's or your family history doesn't support it, most of us are in line for dementia. Dementia is also attributed to deterioration of brain cells and support tissue. One of the causes of dementia is a diet that has been deficient in the essential fatty acids.

Here is my recommendation for supplementing with the essential fatty acids:

- \* Eat more good fish, at least once a week and occasionally twice a week
- \* Eat less fat and particularly saturated fat. A good number for daily fat intake is 15–20% of your overall calories.
- \* Take daily, flax seed oil and olive oil for the omega–3 and omega–6 oils
- \* Take a daily supplement of NKO or Borage oil, which supplies EPA and DHA

Rudy Silva has a degree in Physics and is a Natural Nutritionist. He is the author of Constipation, Acne, Hemorrhoid, and Fatty Acid ebooks. He writes a newsletter called "Natural Remedies Thatwork.com ." For more information on essential fatty acids go to

<http://www.fatty-acid-remedies.for--you.info>

### **What Is an Essential Fat?**

**By David Snape**

You may have heard that essential fats are an important aspect to maintaining the health of your body. But what exactly are they?

Basically, there are two truly essential fatty acids, Linoleic and Linolenic. You may have heard of these referred to as Omega–6 and Omega–3 fatty acids.

So, why are they called essential? The term essential in the life sciences refers to the fact that a nutrient cannot be synthesized by the body. Thus, you must have a dietary or supplemental source to supply your need for these acids.

You probably heard of the 8 essential amino acids. It's the same idea here but in this case we are referring to fatty acids rather than an amino acid.

These fatty acids exist in and are used in every cell of your body. So they are crucial to a cell's health and therefore to our health as people. The good news is that in North America, you generally get

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enough Omega –6 in your diet. Omega–3 has presented a question mark to researchers. Are we getting enough or not?

Fortunately, you can get Omega–3 from fish and certain nut oils. If you have any doubt at all, you can get Omega three from flax oil, which is in abundant supply at your local health food store.

Don't let the phrase essential fat or essential fatty acid fool you. These are not going to make you gain unwanted weight.

As those of us who truly understand weight loss and gain can tell you, the key to losing or gaining fat storage from your body centers around the bodies short term energy storage supply.

This article is for information purposes only. It is not meant to diagnose, treat or prevent any disease or condition. Consult your primary health care provider if you have or suspect you have any physical ailments.

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What Is an Essential Fat?

Use Essential Fatty Acid To Help You Eliminate Your Acne

What do Essential Fatty Acids do in Your Body?

Why Hydrogenated Oils Are Bad For You

Does Omega–3 Lowers High Blood Pressure?

How to Use Your Mind for Study

How To Overcome Snoring and Sleep Apnea

How To Improve Blood Circulation

101 tips to stay fit and live longer.

30–Day Low Carb Diet 'Ketosis Plan'



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