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Menopause, Andropause And Other Hormone Imbalances
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What Is an Essential Fat?

By David Snape

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by: **David Snape**

Dave Snape is a health, fitness and wellness enthusiast. He maintains a web site on that theme:

<http://tobeinformed.com>

. Dave also practices Falun Dafa. Use of this article is free provided the author's website URL remains as an active hyperlink.

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The Truth About Fat

By Kim Beardsmore

Good sources of Omega 3 are mackerel, herring, salmon, pilchards, sardines, tuna and flax seed oil.

Here are some important facts about fat in our diet.

1. Fat is the 'energy reserve' of animals, plants and humans.

When you know the good from the bad, fat is fabulous!

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<http://tinyurl.com/4ad56>

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