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Essential Fatty Acids

A traditional diet contains nearly equal amounts of omega-6 and omega-3 essential fatty acids. Classified as polyunsaturated fats, these fatty acids must be acquired through diet as our bodies can't produce them. They are the building blocks for hormones that control our immune system, cell growth and blood clotting.

Dietary guidelines based on the findings...

Seed oils (linseed, blackcurrant, evening primrose and flax seed), some seeds and nuts (walnuts, soybeans, sunflower seeds and sesame seeds) and the fat of cold water fish such as halibut, salmon, snapper and tuna, are typical sources for these essential fatty acids. While important in the diet, avoid using polyunsaturated oils for cooking or baking. These oils smoke and become rancid at low temperatures.

Taken from...

Research by Dr. Weston A. Price, a dentist, in the 1930's in response to the rampant dental decay and structural problems he witnessed in his practice. His research involved a ten year study of the health of populations untouched by western civilization. His studies revealed that dental caries and deformed dental arches resulting in crowded, crooked teeth are the result of nutritional deficiencies within one generation, not genetic defects. His work is published in the landmark resource, *Nutrition and Physical Degeneration*, and is carried on today through the [Weston A. Price Foundation](#).

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