Article Side

So You Think Omega 6 is Good for You? by Evan Nasseri

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A lot of people think if they are taking Omega 3,6,9 that are taking a more â€˜completeâ€™ Omega.

Omega 9, the human body can make itself, so you donâ€™t need any extra.

A 100 years ago people died from omega 6 deficiency, thatâ€™s no longer the case today.

Omega 6 although essential for survival is abundant within a variety of foods we eat. Here are just a few foods with high amounts of omega 6 fats, French fries, Sunflower oil, Corn oils, all oils, nuts, seeds, cakes crisps/ chips, fried chicken, fried foods, red meat, snack bars, milk /eggs, cakes. Even olive oil contains 12% OM6!

What is important to remember is the balance between Omega 3 and Omega 6.

Too much Omega 6 is detrimental to the absorption of Omega 3 and has a negative effect on your health!

Omega 6 makes you fat!

The ratio should be around 1:1 to 4:1 (Omega 6 to Omega 3) but in typical Western diets it can be anything from around a staggering 50:1 in favour of the Omega 6, which would account for the rise in obesity and heart disease amongst many other conditions. The Western diets contain far too much omega 6, so you really donâ€™t need to take any more in supplement form.

Why take Omega 6 with Omega 3 when they compete with each other for absorption within the body? Omega 6 always wins. You may as well not bother with an Omega 3 at all, itâ€™s just money down the drain.

Too much Omega 6 will only go into storing in the body where we donâ€™t want it, around the stomach in most cases!

Where does Omega 3 store? In the brain, eyes and heart.

So whatâ€™s the alternative?

A company called Nuique make their EPA & DHAomega 3 supplements from the purest source - Algae

There are many Omega 3 supplements out there, yet are bulked with other Omega PUFAâ€™s which you donâ€™t need.Usually sunflower oil.

Avoid nasty fish oil toxins!

Algae based omega 3 really is first choice when choosing a non fish Omega 3 direct from the source of Algae. The best choice in sustainability and developed in a controlled environment.

Humans cannot manufacture long chain Omega 3 EPA & DHA, they have to get it from their diet by consuming either oily fish or an algae oil supplement.

Algae are the source of long chain essential fatty acids (PUFAâ€™s) and fish obtain Omega 3 from their diet of algae. So you should too.

The future without question, should be algae derived Omega 3, why? Itâ€™s pure, unadulterated and 100% natural, great for all the family, and is especially important for expectant and breastfeeding mothers. Algae based OM3 is guaranteed to be free of toxins, heavy metals and PCB's because itâ€™s grown in a controlled pharmaceutical grade facility, away from the sea. Therefore customers can be sure of the highest quality and purity of our algae oil without having to take a fish oil.

Simon Worth, General Manager of Nuique Ltd says â€œOne day in the not too distant future all long chain Omega 3 will come from algae and not fish! Why plunder our oceans when thereâ€™s a perfectly sustainable, toxin free alternative to fish oil?â€•

People are being CONNED over Omega 6 & 9 claims. Itâ€™s useful to bring to peoples attention how in fact it could harm pregnant mothers and eventually could lead to cancers! Learn more www.en.wikipedia.org/wiki/Sunflower_oil

By Martin Passmore. Health blogger.

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Want to find out more about a Omega 3 & 6 then click on the link. Martin Passmore is blogger for huffington post and other social media outlets. For more info a click here.

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