



Why Healthy Fats and Fatty Acids are Crucial

Adapted from *Brain Building Nutrition* by Michael A. Schmidt

- ⤴ **The human brain is over 60% fat.**
- ⤴ **The brain is not protected against the dietary habits of its owner.** The fats and oils we put into our mouth shape the brain's fatty acid architecture from childhood to old age.
- ⤴ **The human brain has an ideal balance of fatty acids in the body as well as in the brain.** The wrong fats and oils can cause problems in brain function and physiology, increasing the risk of problems.
- ⤴ **Partial list of issues that may be helped or prevented by proper fatty acid balance:**

aggression, Alzheimer's disease, anorexia nervosa, anxiety, apraxia (varied forms), attention deficit, autism, bipolar disorder, brain tumor (glioma), cerebral palsy, chronic fatigue, developmental delay, depression, diabetic retinopathy, neuropathy, Down syndrome, drug abuse, hyperactivity, head injury, hostility, learning disability, lower IQ, memory problems, migraine, multiple sclerosis, parasthesia, Parkinson's disease, phobia, postpartum depression, rage, reading problems, renal disease, schizophrenia, school failure, self-mutilation, slower information processing, slower reaction time, stroke (prevention and recovery), suicide, tremors, violence, Zellweger's syndrome (and others)

- ⤴ **Some common signs of fatty acid imbalance:**

Dry skin	Lowered immunity	Patches of pale skin on cheeks	Weakness
Dandruff	Hyperactivity	Dry, unmanageable hair	Alligator skin
Irritability	Attention deficit	Cracked skin on heels and/or fingertips	Dry eyes
Soft nails	Poor wound healing	Brittle, easily frayed nails	Learning problems
Fatigue	Excessive thirst	"Chicken skin" on backs of arms	Frequent infections

- ⤴ **Unfortunately, the American "fat free" diet is promoted as being very healthy and the way to lose weight. Nothing could be further from the truth. A fat free diet is very dangerous and does not promote brain health OR weight loss. Without proper fats, your body always feels unsatisfied and hungry and weight loss is impossible. Your metabolism (the main fat/calorie burning mechanism) also shuts down when you do not consume fats because your body thinks it is starving and goes into "store fat/low energy" mode. The result is usually weight gain rather than weight loss.**
- ⤴ **So avoid saturated and unhealthy fats as well as empty carbohydrates from junk food that eventually turn to fat, but add healthy fats and fatty acids to your diet each day.**
- ⤴ **You will have to put forth a little effort to avoid "fat free" foods so prevalent in the grocery stores and incorporate healthy fats into your diet.**