

EFAs: Women's and Children's Health

by **Udo Erasmus, PhD**



EFAs are required for brain development and brain function. Women can provide a strong foundation for their health as well as any future children they may have by ensuring that they intake the correct ratios of omega-3 and omega-6.

The importance of EFAs

Essential fatty acids play crucial roles in the complex workings of the human body. Every cell, tissue, gland and organ is dependent upon the presence of EFAs. Because of the large amount of EFAs needed for brain and nervous system development, it is important that an adequate amount is received on a daily basis. Ingested in adequate amounts and in the optimal ratio, EFAs have been found to:

- Improve energy and stamina, relieve occasional sleeplessness and improve concentration
- Support the immune system and our body's normal fat-burning ability.
- Maintain good digestion and yeast balance
- Support normal joint function and help alleviate minor skin blemishes.
- Diminish the normal symptomology of PMS and menopause.

Baby-Brain Building

During pregnancy, the child draws EFAs from the mother's body to build its brain, which is over 60% fat and very rich in both omega-3 and omega-6 EFA derivatives. The placenta contains receptors that ensure that omega-3 and -6 EFAs are transported from the mother to the baby. Often times, this leaves the mother depleted of EFAs, and with subsequent pregnancies, each child will get less EFAs than the previous child, unless the mother augments her diet with essential fatty acids.

The child continues to pull EFAs from the mother after birth through breast milk. More than 50% of the calories contained in a mother's breast milk comes from the fats her milk contains, and babies need this fat in order to grow optimally. The fatty acid composition of her milk reflects the fatty acids consumed by the mother. It is estimated that the child pulls 11 grams of EFAs from the mother daily through breast milk.

Depletion of EFAs during pregnancy also provides a rationale for why women experience far more depression, fibromyalgia, chronic fatigue and more inflammatory, auto-immune and collagen diseases than men. Women

suffer from these problems 2 to 15 times more frequently than men do. The depletion of EFAs during childbearing predisposes women to these conditions.

Choose the right oil for your body's EFA needs

Mothers-to-be and breastfeeding mothers should take particular care to choose a fresh, EFA-rich, balanced and unrefined oil. Udo's Oil™ 3•6•9 Oil is a special blend of carefully chosen, natural, unrefined, EFA-rich oils. It has a pleasant, nutty, buttery taste. It contains oils from fresh, certified organic flax, sesame, sunflower and evening primrose seeds as well as oils from rice and oat germ, providing minor ingredients with major health benefits.

The importance of each mother's choice of good oils and good nutrition during pre-conception, pregnancy and early childhood cannot be overstated.



About Udo



Udo Erasmus is an international authority on human health. In 1980, while working in agriculture, he was poisoned by pesticides. When conventional medicine was unable to provide help, he concluded that his health was his own responsibility and turned his attention to nutrition. Several years of research culminated in his best-selling book, *Fats that Heal Fats that Kill*. In 1983, Udo pioneered technology for pressing and packaging edible, unrefined oils made with health in mind.