

Essential Fats

Athletes hate fat. But there are two essential fats your body cannot make, the omega-6 fat **linoleic acid** and the omega-3 fat **alpha-linolenic acid**. They must be obtained from your diet.

These fats are essential because they form parts of the structure of your brain, eyes, ears, testes, adrenals, the membranes that line your joints, and the membranes that surround and protect every cell in your body. Whenever the dietary supply is inadequate, body function declines.¹⁵ In addition essential fats boost oxygen use,¹⁶ reduce, yes *reduce* bodyfat¹⁵ and improve insulin metabolism.¹⁷

Most folks are unaware that government recommendations for these two essential fats are higher than for any vitamin or mineral.¹⁸ For athletes we use even more because of considerable research evidence of deficiency, especially of the omega-3 fat alpha-linolenic acid.² For detailed information read my book **Essential Fats**.¹⁵ We recommend 20 – 40 grams per day of organic flax oil which provides a 4:1 ratio of alpha-linolenic acid to linoleic acid.

Eighth Principle of Power Nutrition: Take essential fats every day.



Masters bodybuilding champion, lecturer and outstanding supplement designer, Cory Holly, studied nutrition with Dr Colgan. Cory knows the value of daily essential fats.