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# "OMAZING OMEGAS" - BALANCING ESSENTIAL FATTY ACIDS



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The Omega 3 and Omega 6 families of fats are often referred to as essential fatty acids or EFAs. Unlike other kinds of fats, they cannot be made by the body and therefore have to be obtained through our food. But how do we make sure we are eating enough, are they in the correct balance and what are the consequences for our health?