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MARCH 2026

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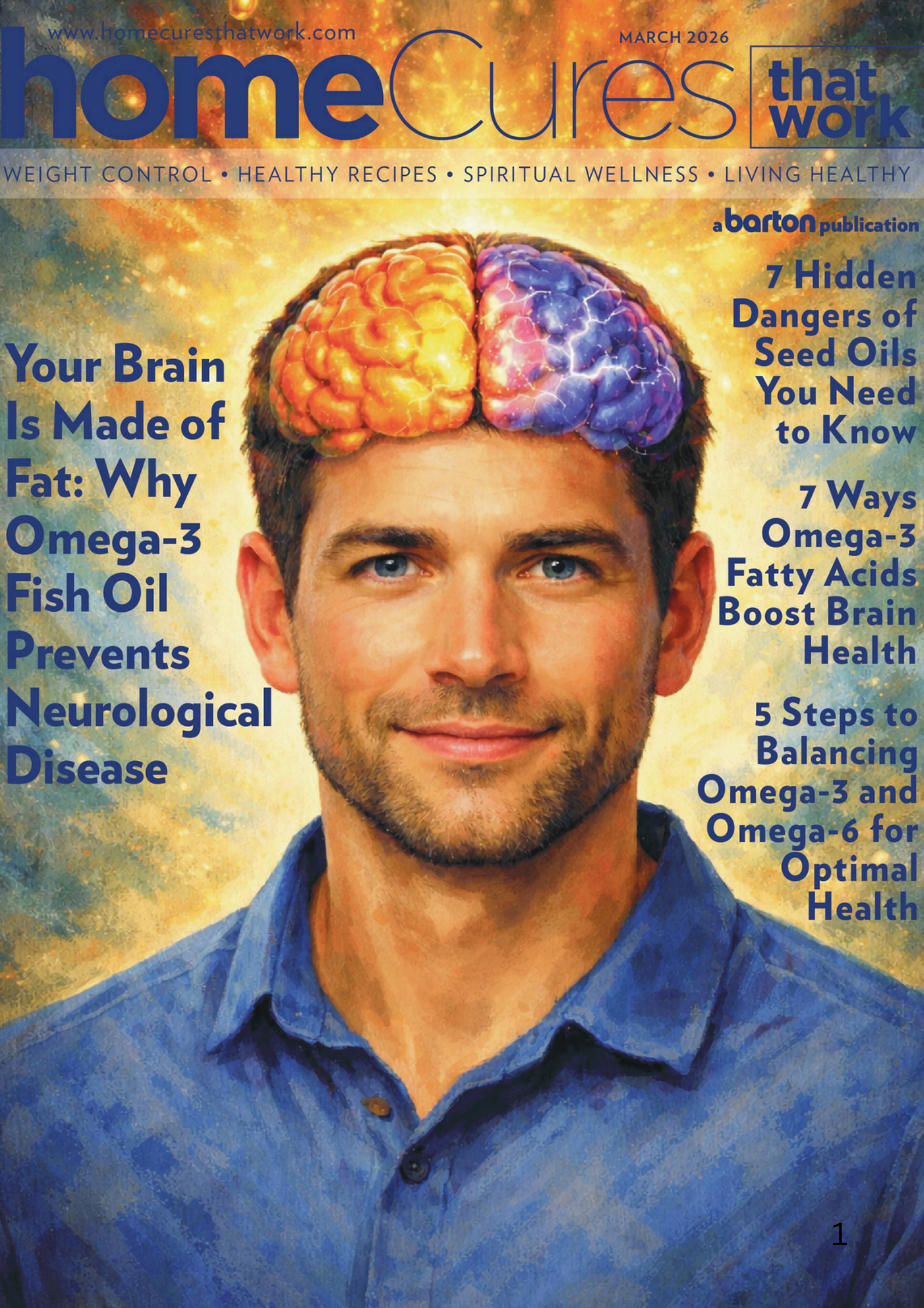


Your Brain Is Made of Fat: Why Omega-3 Fish Oil Prevents Neurological Disease

7 Hidden Dangers of Seed Oils You Need to Know

7 Ways Omega-3 Fatty Acids Boost Brain Health

5 Steps to Balancing Omega-3 and Omega-6 for Optimal Health

Table of Contents

From the **Editor**

Welcome to this special edition of Home Cures That Work, dedicated to the most powerful tool you possess: your brain.

If you've ever felt like your memory isn't as sharp as it used to be, or that "brain fog" is clouding your day, you aren't alone. We often think of these cognitive slips as inevitable parts of aging, but at Barton Nutrition, we believe they are often signs of a nutritional imbalance.

This issue is anchored by a groundbreaking article from Dr. Scott Saunders, titled "Your Brain Is Made of Fat." It's a provocative title, but it points to a biological truth: your brain is roughly 60% fat. This means the quality of the fats you eat directly determines the structural integrity of your mind. Dr. Saunders explains why starving your brain of healthy fats is a recipe for decline, and why fueling it with the right nutrients is the key to longevity.

But adding healthy fats is only half the battle. We also dive deep into the silent saboteurs of modern health: seed oils. In our feature on the dangers of processed vegetable oils, we expose how these inflammatory ingredients can counteract your best efforts.

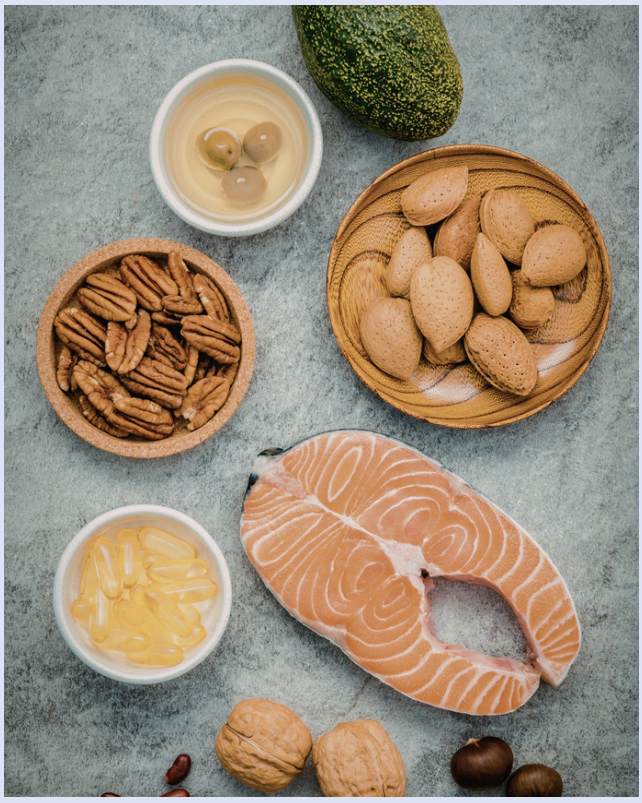
Finally, we connect the dots with a guide on balancing Omega-3 and Omega-6 fatty acids. It's not just about eating "good" fat; it's about maintaining the delicate ratio that keeps inflammation in check and allows your neurons to fire efficiently.

Our goal with this collection is simple: to empower you with the knowledge to build a better brain. By swapping out harmful oils for nourishing Omega-3s—like those found in our Elite Concept supplement—you are physically rebuilding your mind for resilience and clarity.

We invite you to read these articles, put the tips into practice, and take the first step toward a sharper, healthier you.

Cheryl Ravey

Editor, Home Cures That Work



Your **Brain** Is Made of *Fat*: Why **Omega-3** Fish Oil Is **Foundational** for Preventing Neurological Disease

Introduction — A Brain Built from Fat

The human brain is not a miracle of protein or electricity; it's a masterpiece of fat engineering. Nearly 60% of your brain's dry weight is lipid, and a third of that fat is DHA — docosahexaenoic acid, an omega-3 fatty acid.[i] Every moment you think, feel, or remember, signals flash across tiny lipid membranes made largely of DHA. Yet the modern diet has replaced this delicate material with processed omega-6 oils and hydrogenated fats that stiffen these membranes and inflame the neurons inside them. The result is a silent epidemic of neurological decline: depression, anxiety, ADHD, Alzheimer's, and Parkinson's disease all rising together in an age when people consume less omega 3 oils than ever before. Taking high-quality omega-3 fish oil is not just a supplement strategy — it's structural maintenance for the most sophisticated organ ever built.

How the Brain Breaks Down

Neurodegeneration[ii] begins decades before clinical symptoms appear. It's driven by a constellation of biochemical insults:

- Chronic inflammation—overactive immune cells release chemical messengers that erode connections between neurons.
- Oxidative stress—free radicals attack delicate membranes.
- Glucose toxicity—hyperinsulinemia reducing mitochondrial energy.
- Membrane rigidity—receptors trapped in static, oxidized fat layers that block signaling.

Eventually, neurons lose both flexibility and energy efficiency. Also, they get clogged with protein clumps like amyloid-β and tau, which have been thought to be the cause of Alzheimer's disease for decades, but now we know they form as a by-product, not the cause. The real origin begins with the wrong fats in the membranes.

DHA and EPA reverse those trends, providing the exact molecules the brain has always used for communication and repair.

DHA and EPA — The Brain's Structural and Signaling Fats

Omega-3 oils function as biological building materials.[iii] When you want to build something, it is essential to get the right structural resources. If you build a home with low-grade wood, it may not hold up for a long time, or through storms and earthquakes. The amazing thing about the body is that it will use whatever building materials are available, even if they are second-rate. If you are providing a lot of omega 6 and little omega 3, then that is what your brain will be constructed with. You are what you eat. Everything looks like it should work, but when you have stress the disfunction becomes obvious and your mental capacity breaks down.

1. Membrane Fluidity and Neurotransmission

The membranes that contain neurons are fluid structures. DHA tails, each with six double bonds, make these membranes incredibly flexible. This fluidity allows:

- Faster neurotransmission
- Better receptor mobility
- More efficient neurotransmitter recycling

When DHA is replaced by omega-6 linoleic acid, the membrane becomes rigid and noisy, disrupting thought and emotion at the speed of nanoseconds.

Research shows that individuals with higher DHA levels demonstrate superior cognitive performance, faster reaction times, and greater gray-matter volume, particularly in the prefrontal cortex and hippocampus — the sites of judgment, memory, and emotional intelligence.

Repair is another issue. If you cannot make repairs, then the brain will work around the damage—if it can. Doctors expect the brain to shrink over time. MRI scans on older people will often have a comment such as "normal brain atrophy for age." However, it is NOT normal for the brain to atrophy; it is a sign of a lack of building materials to repair the damage done. The brain needs omega 3 both to build and repair.

2. Inflammation Control Through Resolvins & Protectins

EPA (eicosapentaenoic acid) converts into resolvins, and DHA into neuroprotectins—chemical messengers that end inflammation.[iv]
In the brain, these molecules deactivate hyper-stimulated support cells (microglia), reduce cytokines, and protect neurons from apoptosis, or cell death.

Neuroprotectin D1 (NPD1), a derivative of DHA, has been shown in multiple experimental contexts to preserve vision, stabilize cognition, and prevent amyloid-β toxicity found in Alzheimer's disease.
Without omega-3s, the brain cannot manufacture these peacekeeping molecules. Chronic micro-inflammation becomes the background noise of modern mental illness. This low-grade inflammation can be seen in many ways.[v]

- **Vision probems**—Poor light sensitivity, dry eye, age-related macular degeneration (AMD), and retinopathy

- **Tinnitus**(ringing in the ears)—is an inflammatory brain problem not from the ears.

- **Brain fog:** mental sluggishness, slow recall, transient confusion.

- **Poor short-term memory:** walking into a room and forgetting why, losing car keys.

- **Word-finding difficulty:** you know the word you want, but it won't come out.

- **Emotional rigidity:** difficulty switching thoughts or moods.

- **Balance issues:** vertigo or just feeling "off-balance."

- **Electromagnetic (EMF) sensitivity:** Having cognitive, memory, or headache issues around sources of EMF such as Wi-Fi, radio waves, or microwave ovens.

- **Autonomic nervous system dysregulation**: Temperature, blood pressure, heart rate, and digestive problems that come from sympathetic overstimulation and lack of parasympathetic (vagus nerve) function.

If you experience any of these symptoms, you may want to consider adding omega 3 to your diet and supplements to lower brain inflammation.

3. Energy Production Through Mitochondrial Protection

Mitochondria power neurons by producing ATP. Their membranes contain DHA to maintain electron transport integrity.[vi]

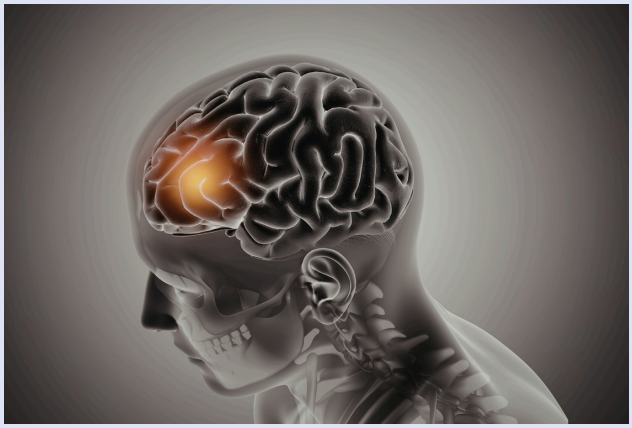
When DHA is lacking:

- Electrons leak → free radicals rise → mitochondrial death spiral begins.

Replacing DHA stabilizes that chain, increasing ATP yield and protecting neurons from hypoxia and metabolic fatigue. This is especially relevant in insulin resistance, or type 2 diabetes, where the brain's ability to use glucose collapses. Omega-3-fortified mitochondria burn cleaner, delaying or preventing the "energy crisis" behind Alzheimer's disease.

4. Neurogenesis

Making new, and repairing old nerve cells requires omega 3 oils on many levels. The new nerves need mitochondria, which coalesce and divide much more efficiently with high levels of EPA and DHA. Also, DHA boosts expression of Brain-Derived Neurotrophic Factor (BDNF)—the hormone of neuronal growth and adaptability. High BDNF correlates with positive mood and learning capacity. Low BDNF, seen in depression and cognitive decline, predicts poor neural repair. This keeps the brain from shrinking with age.



5. Myelination

You may have seen cables with multiple wires inside them, each one having a plastic sheath around it so they don't touch and cause short-circuits. The brain has the same thing. Omega-3 fats are an important part of the myelin sheath, the fatty insulation around neurons that not only protects the axon, it also speeds conduction. Myelin is 70 % lipid. Deficiency of omega 3 oils fractures its structure, causing slower signaling and vulnerability — a mechanism implicated in multiple sclerosis progression. EPA + DHA literally thickens this insulation, speeding your nerve conduction and preventing shor-circuits.

Repair and Plasticity in Adults

- In adults, omega-3 supplementation enhances remyelination—the rewrapping of damaged axons.

Experiments in rodents show that DHA restoration after demyelination (like in multiple sclerosis) increases conduction velocity and functional recovery—particularly when combined with B vitamins, magnesium, and adequate cholinergic precursors (like CDP-choline). This effect is synergistic—without proper cofactors and antioxidant support (vitamin E, selenium, etc.), DHA is too easily oxidized, defeating its purpose.

Implications for Real Life

To strengthen myelin through diet and supplementation:

- Increase cold-water fish intake (sardines, mackerel, salmon) or take high-quality, minimally oxidized fish oil. Aim for 2–3 g/day EPA + DHA combined.

- Reduce seed oils (soy, corn, safflower, sunflower, canola) and ultra-processed foods, which push your omega-6/omega-3 ratio far above optimal (≈ 1:1 – 3:1).

- Ensure adequate choline, magnesium, B12, folate, and vitamin E, which are required for phospholipid methylation and maintenance of myelin.

- Repair your ATP production by lowering insulin levels—myelin is energetically expensive to produce.

Key to Building and Repair

Omega-3s—especially DHA—are not mere "brain supplements"; they provide the proper structure, regulation, and repair for myelin. If you don't have enough DHA, the insulation around the wires that connect the neurons in your brain become unstable, reducing both brain function and emotional stability, while adequate supply promotes repair and resilience, particularly by avoiding demyelinating disorders and aging.[vii]

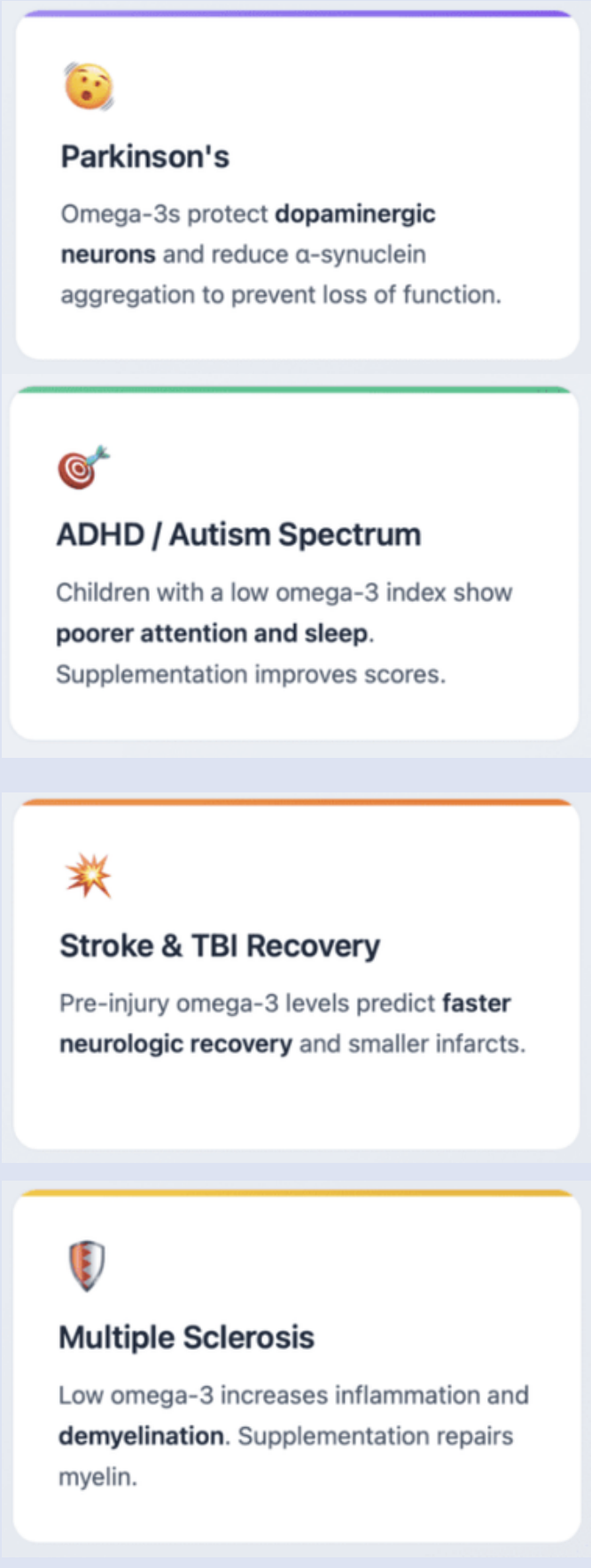
Omega-3 Deficiency and Neurological Disorders

Alzheimer's / Dementia

Low **DHA** correlates with brain atrophy and cognitive decline. Supplementation slows gray-matter loss.

Depression

Low **EPA** is linked with major depressive disorder. Clinical doses **(≥ 2 g EPA/day)** improve mood and resilience.



In every case, it's not just correlation. The mechanism—membrane fluidity, inflammation resolution, good insulation, and mitochondrial stability—links biochemistry directly to behavior. Higher omega 3 levels improve brain function in multiple ways.

The Brain's Vascular Frontier: The Glycocalyx and Blood–Brain Barrier

The brain floats in a lake of micro vessels. Each tiny capillary is lined with a glycocalyx, a gel that lines all blood vessels. Healthy glycocalyx regulates what enters and leaves the brain. When chronic inflammation and excess glucose degrade it, toxins and immune cells lodge where they shouldn't—a "leaky brain" analogous to leaky gut. [viii]

Omega-3s preserve the glycocalyx and reinforce tight-junction proteins in the blood–brain barrier (BBB). Their anti-oxidative influence keeps cerebral blood flow smooth and prevents the micro-clots and permeability seen in early dementia and microvascular encephalopathy.

So, the brain's barrier is not an iron wall; it's a living filter that thrives only with the right fats. Omega 3 fats prevent inflammation and keep the barrier intact, while omega 6 fats allow inflammation to cause a leaky brain. This allows toxins and chemicals that would otherwise not have access to the brain to get in and cause damage.

How Omega-3s Maintain Mental Energy

1. **Signal Optimization** – Rapid transmission from receptor to synapse.
2. **ATP Efficiency** – Less energy wasted, more directed to processing.
3. **Stress Resistance** – DHA dampens cortisol's excessive firing of the limbic system.
4. **Mood Stability** – EPA modulates serotonin and dopamine turnover, reducing drastic mood swings.

Many antidepressant effects attributed to medications overlap mechanistically with what omega-3s do naturally—minus the side effects.

Preventative Strategy — Fortifying the Brain for Longevity

1. Correct the Ratio

Throughout history, humans have always relied on a dietary fat ratio of roughly 2 : 1 (omega-6 : omega-3). Today's average is 20 : 1 – about ten times higher omega 6![ix]

- Cut seed oils (soy, corn, safflower, canola) and replace them with coconut, olive, avocado oils, tallow or butter. These are not high in omega 3, but they have little omega 6 compared to the vegetable oils.

- The next step is to add omega-3 oil. This is not easy, as there are few oils that have more omega 3 than omega 6. Most vegetables do, but it would take pound of broccoli to get a gram of omega 3.[x]Eating fish, flax seeds and chia seeds is good, but most often a supplement is needed. These are not oils to cook with or add directly to food because they oxidize easily. Keep them refrigerated.

2. Maintain a Therapeutic Dose

- 2–3 g combined EPA + DHA daily for neuroprotection (roughly 5–6 capsules of standard softgels).

- Split doses (take 3 in the morning and 3 in the evening) with meals for best bioavailability.

3. Source and Quality

Use high-purity, cold-processed fish or krill oil in triglyceride or phospholipid form. The old ethyl-ester varieties oxidize easily.

4. Synergistic Nutrients and Habits

- Vitamins E + C protect DHA from oxidation.

- Polyphenols (from berries/olive oil/tea) enhance micro-circulatory health.

- Magnesium aids neurotransmission.

- Physical exercise and quality sleep up-regulate BDNF, amplifying omega-3 benefits. HIIT exercise builds mitochondria and energy supply for the brain as well as muscles.

- Fasting enhances EPA/DHA incorporation into neuronal membranes and stimulates autophagy and mitophagy (keeping energy and function efficient and effective). This usually takes 1 to 3 days of water-only fasting.

Real-World Applications

- **Infants**: DHA (docosahexaenoic acid) is the most critical omega-3 fat for the developing brain, eyes, and nervous system. Infants who receive sufficient DHA—whether through breast milk, fortified formula, or maternal supplementation during pregnancy and lactation—show measurable advantages in neurological, visual, cognitive, and even emotional development.

- **Middle-aged professionals** using fish oil long-term maintain sharper problem-solving and creativity.

- **Elderly adults** entering retirement with DHA levels > 8 % (omega-3 index) show up to 40 % lower incidence of dementia compared with those who have < 4 %.

- **Students** with higher blood DHA or higher fish intake consistently score better in reading, spelling, reasoning, and attention testing.

- **Shift workers** report steadier attention spans, fewer crashes, better recovery from sleep loss.

- **Post-concussion or traumatic brain injury patients** experience improved outcomes when omega-3 supplementation begins early.

These benefits accrue quietly. Brain chemistry changes gradually as cell membranes renew—a process requiring weeks, not hours. Patience literally pays in gray matter.

Omega-3s and Mental Health: Mood & Motivation

EPA reduces neuroinflammatory cytokines — the same ones elevated in depression.

Trials show EPA (≥ 2 g/day) can match or exceed drug treatment, such as SSRI's, in mild to moderate depression when patients also improve diet and lifestyle.[xi]

DHA ensures serotonin receptors remain responsive by maintaining membrane elasticity. Chronic DHA deficiency correlates with impulsivity, aggression, and bipolar instability.

The brain's biochemistry of peace, focus, and joy is molecularly anchored in omega-3 availability.

The Lifelong Curve of DHA[xii]

- Fetal/neonatal period: DHA transfer via placenta essential for eye and brain development; maternal deficiency leads to smaller infant brain volume. It is essential for any woman considering pregnancy to start on DHA/EPA supplements and continue daily throughout pregnancy and breast feeding.

- Adolescence: rapid synaptic pruning — DHA supply determines cognitive refinement. Higher DHA means smarter students.

- Adulthood: steady membrane turnover — requires maintenance intake. Omega 3 prevents cognitive decline and memory loss, as well as depression.

- Old age: DHA declines 2–3 % per decade — and accelerates if there are seed-oils and vegetable oils in the diet. Omega 3 is brain protection. Preventative supplementation with omega 3 maintains youthful neuronal architecture well into advanced age.

The Brain and the Heart

Brain and heart health mirror each other: same membranes, same oxidative threats.

Omega-3s enhance both cerebral perfusion and heart circulation, ensuring oxygen exchange across capillaries. Moreover, good brain circulation improves blood pressure, protecting the glycocalyx of every vessel in your entire body, preventing heart disease.[xiii] An intact vascular glycocalyx means clean blood flow even in tiny brain vessels. In that sense, every capsule of fish oil is a vascular repair kit for your neurons, as well as every other cell in your body.

Common Mistakes

1. Micronutrient neglect — without antioxidants, omega-3s can oxidize. This means you need vitamin E, and other antioxidants such as astaxanthin, zeaxanthin, resveratrol, and carotenoids. Eat fruit and vegetables.

2. Inconsistent dosing — weekend supplementation fails; daily intake builds tissue levels. These repairs are being done every day, you need the omega 3 at that moment. Take them daily.

3. Seed-oil overload — continuing high omega-6 intake neutralizes benefits. You must avoid vegetable oils and seed oils that contain omega 6. No fried foods in vegetable oil.

4. Taking EFA (Essential Fatty Acids) — Many EFA supplements are seed oils that contain PUFA's or HUFA's, all of which usually are mostly omega 6 oils. Make sure to take a supplement that contains ONLY omega 3.

Think of your daily omega-3 supplement as daily brain-maintenance, like changing oil in an engine before failure.

Conclusion — The Molecules of Function

The nervous system feels ethereal, but it rides on chemistry. Every action depends on a membrane, and every emotion on an electrical pulse, all of which is stabilized by fat.

When industrial oils replace DHA in those circuits, neurons falter; memory dulls; joy fades. But when we restore the ancestral lipids—EPA and DHA—we restore the molecular craftsmanship that built the human brain with all its capacities.

Taking fish oil is not a "biohack." It's respect. It is putting the proper oil in your engine to keep it running smoothly. If you use dirty oil in your engine that is the wrong viscosity, your engine will work, but not as well, and it won't last. But if you put the right kind of oil in your car, and change it regularly, your car will purr for many thousands of miles. Putting omega 3 oil into your brain is like that. It's maintenance of the substrate of thought itself. Maintain proper oils, and you protect your thoughts, your words, and your deeds for many more years.

Summary:

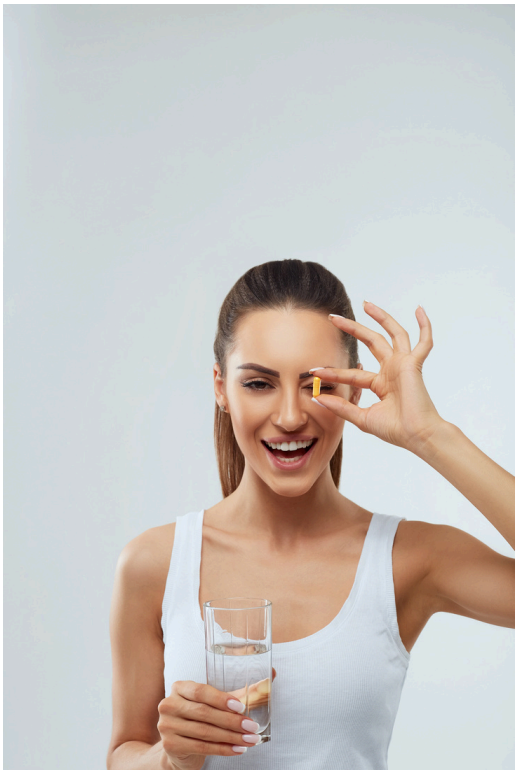
✅ The brain's structure is 60 % fat; DHA is its core building block.

✅ Omega-3 deficiency accelerates aging, inflammation, and cognitive decline.

✅ 2–3 grams of EPA + DHA daily preserves membrane fluidity, mitochondrial energy, and the blood–brain barrier. Be sure to get antioxidants.

✅ Cut omega-6 seed oils.

✅ Prevention starts now — it's easier to keep neurons alive than to revive them.



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7 Ways **Omega-3** *Fatty Acids* Boost **Brain Health**

Imagine your brain as a vibrant network of billions of connections, handling everything from your thoughts and memories to your moods and sleep patterns. To keep this extraordinary network working optimally, you must nourish it with the right types of fats—especially Omega-3 fatty acids.

True wellness begins at the cellular level. Among the components that shape the brain's structure and performance, Omega-3s emerge as a fundamental pillar. Let's go beyond the basics and uncover how these powerful fats specifically impact many dimensions of brain function, from cell signaling and repair to emotional resilience.

The Dynamic Duo: What Makes DHA and EPA Indispensable?

While the term "Omega-3s" is widely known, the real stars behind brain health are DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid).

These two long-chain fatty acids operate in the brain far beyond simple structure:

- **DHA: The Structural Visionary**

DHA is especially concentrated in the cerebral cortex and synaptic membranes,

making up nearly 40% of the polyunsaturated fatty acids (PUFAs) in the brain. This abundance isn't random—DHA fine-tunes the physical flexibility and integrity of synapses. In infants and young children, high levels are essential for brain development, visual acuity, and cognitive growth. In adults, adequate DHA is vital for learning, information retention, and mood stability.

- **EPA: The Molecular Communicator and Guardian**

EPA helps regulate inflammation in the central nervous system and modulates neurotransmitter signaling, helping you stay calm, focused, and alert under pressure. Emerging research suggests EPA may help support healthy serotonin and dopamine signaling, directly affecting motivation and well-being.

Having both present in a balanced ratio is key. Deficiency in either one can lead to suboptimal brain performance—even in individuals who appear otherwise healthy.

Omega-3s in Action: Critical Biological Pathways for Brain Performance

New breakthroughs continue to shed light on just how multifaceted Omega-3s are in brain physiology. Here's a deep dive into how they support—and even enhance—your cognitive landscape.

1. Creating Synaptic Plasticity and Speeding Signal Transmission

Neuronal connections, or synapses, act as information highways. The pliability of these highways depends directly on the Omega-3 content of the cell membranes. DHA-rich membranes allow synaptic vesicles to fuse more rapidly with axon terminals, making information transfer between neurons seamless and lightning fast.

- **Example**: In a 2020 study, children given daily DHA supplements performed better on attention and reading tests compared to controls, highlighting direct cognitive advantages.

2. Regulating Growth Factors and Boosting Neural Regeneration

One of the most remarkable discoveries in neuroscience involves Brain-Derived Neurotrophic Factor (BDNF), a protein vital for neurogenesis and synaptic strengthening.

- **Impact of Omega-3s:** Diets rich in both DHA and EPA have been shown to raise BDNF levels, which not only accelerates learning and memory but also improves the brain's resistance to injury and stress.

- **Fun Fact:** Higher BDNF from increased Omega-3 intake correlates with greater mental flexibility and reduced risk of depression.

3. Limiting Neuroinflammation and Protecting Against Oxidative Damage

Brain inflammation—often rooted in lifestyle and diet—can quietly erode mental sharpness and increase vulnerability to age-related diseases. EPA, in particular, shifts your body's biochemical environment away from excessive inflammation by generating specialized pro-resolving mediators (SPMs) that repair tissues and restore balance.

- **Research Insight**: People consuming higher amounts of EPA experience fewer mood swings and less cognitive fatigue during periods of stress.

- **Oxidative Shielding:** By reducing free radical formation, Omega-3s help prevent cellular mutations and the dysfunction that precedes neurodegenerative problems.

4. Sharper Mental Agility & Memory Recall

Well-supported Omega-3 intake translates to noticeably faster problem-solving, better multitasking, and improved recall in both short- and long-term memory. Clinical studies show that students, adults, and seniors who supplement with DHA consistently perform better on memory and speed-retrieval tasks.

5. Emotional Stability & Stress Resilience

A balanced Omega-3 profile isn't just about cognitive improvement. Scientific evidence links higher dietary Omega-3 (especially EPA) with stable moods, reduced risk of anxiety and depression, and a more tempered reaction to daily stressors.

- **Clinical Data:** Some clinical studies have reported meaningful reductions in depressive symptoms with omega-3 supplementation.

6. Long-term Protection: Cognitive Aging and Neurodegeneration

Far from being a concern only for older adults, the protective effects of Omega-3s begin working early. Adequate levels from youth through adulthood lower the risk of Alzheimer's, Parkinson's, and memory loss in later years.

- **Recent Findings**: A 2022 meta-analysis found that people with the highest Omega-3 blood concentrations had a 47% lower risk of progressing to Alzheimer's disease compared to those with the lowest.

7. Practical Strategies: Empowering Your Diet with Omega-3s

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Practical Strategies: Empowering Your Diet with Omega-3s

Knowledge means very little if you don't put it into action. Here are evidence-based steps to help you readily bolster Omega-3s—and in turn, brain health—through achievable dietary changes.

Ocean's Bounty: Prioritize Oily Fish and Sustainable Seafood

Cold-water fatty fish remain the "gold standard" for direct sources of DHA and EPA. You'll find these Omega-3 all-stars at the top of every nutrition scientist's recommendation list:

- Salmon (especially wild-caught): Densest in DHA, and rich in antioxidants like astaxanthin.
- Mackerel: A moderate-sized fish packed with both EPA and DHA.
- Sardines & Anchovies: Lower in toxins, eco-friendly, and easy to add to salads or pasta dishes.
- Herring: Popular in many European cuisines and loaded with brain-protective fats

Tip: Aim for at least two servings per week, choosing sustainable fisheries to support both your health and the planet.

Plant-Based Sources: Broadening the Spectrum

While ALA (alpha-linolenic acid) is not as potent as EPA and DHA, flaxseeds, chia seeds, and walnuts still play a valuable supporting role—particularly for plant-forward diets.

- **How to Optimize:** To enhance ALA conversion to DHA/EPA, ensure you get enough zinc, vitamin B6, and C, and

Supplementation: When Food Isn't Enough

Because dietary patterns—and personal absorption—differ, thoughtfully chosen supplements can help bridge the gap.

- **Marine-based supplements:** Look for high-quality fish oil with third-party purity certification to help ensure you're getting concentrated EPA and DHA in the forms your brain needs most.

- **Algal supplements:** Ideal for vegetarians and vegans, made directly from marine algae providing pre-formed DHA. Explore our Omega-3 option here.

Advice: Check for triglyceride form and high EPA/DHA content for best bioavailability.

Small Steps. Powerful Results.

Prioritizing Omega-3 fatty acids is one of the most effective, scientifically validated ways to support lifelong brain vitality. Every meal you improve and every thoughtful supplement you take is an act of care for your mind's future.

Remember, you don't need to overhaul your life overnight. Maybe today you try grilled salmon or add ground flaxseed to your breakfast. Each positive addition is a step closer to greater clarity, sharper thinking, and enduring mental resilience. Trust the process—your efforts are building the foundation for lifelong brain health, one bite at a time.

Ready to take the next step toward a healthier brain? Choose one new Omega-3-rich food or recipe this week, and watch how it transforms your energy and focus. You are more capable—and more resilient—than you think!

5 Steps to ***Balancing*** Omega-3 and Omega-6 for **Optimal Health**

Imagine your body as a finely tuned orchestra. For the music to sound beautiful, every instrument needs to play in harmony. If the drums are too loud, they drown out the violins. If the brass section overpowers the woodwinds, the melody is lost.

In your body, two essential fatty acids—Omega-3 and Omega-6—are the musicians. When they are in balance, your body sings with energy, clarity, and health. But when they are out of sync, the result is noise: inflammation, fatigue, and chronic health issues.

At Barton Nutrition, we believe that true wellness isn't just about eating "healthy" foods; it's about understanding the deep biological rhythms of your body. Today, we're going to help you conduct your own orchestra. We will explore why this balance matters, how the modern world has disrupted it, and most importantly, how you can get back in tune.

The Great Balancing Act

You hear a lot about "good fats" and "bad fats," but the story of Omega-3 and Omega-6 is a bit more nuanced. The truth is, you need both.
Both are "essential" fatty acids, meaning your body cannot make them on its own. You must get them from your diet. They serve critical, but different, roles:

- Omega-6 fats can promote inflammatory signaling when consumed in excess relative to omega-3 intake. This might sound bad, but it is necessary for survival. When you cut your finger or catch a virus, your body needs acute inflammation to attack invaders and heal the wound.

- Omega-3s are the Fire Extinguishers: They reduce inflammation. Once the threat is gone, Omega-3s step in to cool things down and return your body to a peaceful state.

Health thrives in the balance between these two forces. You need the ability to react to danger, but you also need the ability to calm down.

A Historical Shift: How We Lost Our Way

Many researchers estimate that traditional diets provided a far more balanced omega-6 to omega-3 ratio, often near 1:1.

They ate wild game, fish, leafy greens, and nuts. They didn't have processed foods, and they certainly didn't have industrial seed oils.

Fast forward to today. The modern Western diet is packed with vegetable oils high in linoleic acid, which has dramatically skewed the omega-6 to omega-3 ratio. It is now common for people to consume an Omega-6 to Omega-3 ratio of 20:1 or higher, mostly due to the prevalence of inflammatory oils hidden in everyday foods.

That means dramatically more inflammatory signaling than the body evolved to handle.

The Culprit: Industrial Seed Oils

What changed? The biggest factor is the introduction of refined vegetable oils (seed oils) into our food supply, which has drastically shifted the omega-6 to omega-3 ratio in the modern Western diet. Oils like soybean, corn, sunflower, and cottonseed are incredibly high in linoleic acid —a type of omega-6 fat—making them some of the most common inflammatory oils we consume today.

Why This Imbalance Is Hurting You

When the "fire starters" vastly outnumber the "fire extinguishers," your body enters a state of chronic, low-grade inflammation.

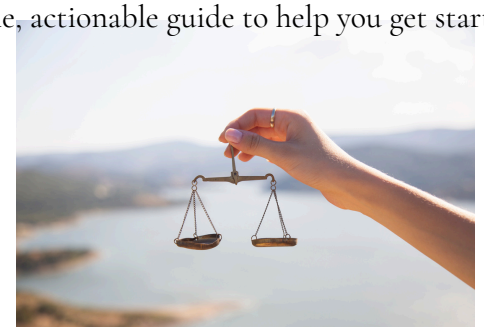
Unlike a swollen ankle that heals in a week, this inflammation simmers quietly in the background. You might not feel it immediately, but over time, it damages your tissues and disrupts your health. This imbalance is a key driver behind many modern health struggles, including:

- **Brain Fog and Mood Issues:** Your brain is highly sensitive to inflammation. An excess of Omega-6s can disrupt neurotransmitter function, leading to anxiety, depression, and difficulty concentrating.
- **Heart Health:** Chronic inflammation damages blood vessels and contributes to heart disease.
- **Joint Pain:** If you feel stiff and achy, it might not just be age—it could be systemic inflammation caused by your diet.
- **Metabolic Disorders:** High Omega-6 intake is linked to obesity and insulin resistance.

But here is the encouraging news: You have the power to fix this. Your body is incredibly resilient. By shifting your intake, you can lower inflammation and restore your natural vitality.

Your Action Plan for Optimal Balance

Restoring balance doesn't mean you have to be perfect. It means making conscious, consistent choices that support your biology. Here is a simple, actionable guide to help you get started.



Step 1: Reduce the Omega-6 Overload

You cannot supplement your way out of a bad diet. One of the most impactful steps you can take is to lower your intake of omega-6 fats, especially from vegetable oils rich in linoleic acid. The modern Western diet is overloaded with these inflammatory oils, dramatically disrupting the ideal omega-6 to omega-3 ratio your body needs for optimal health. By reducing your dependence on processed foods cooked or made with vegetable oils, you help restore balance and counter the excessive inflammation common in today's world.

- **Audit Your Pantry:** Look for bottles of corn, soy, canola, sunflower, or safflower oil. These are the primary sources of excess Omega-6. Swap them out for stable, healthy fats like coconut oil, avocado oil, grass-fed butter, or ghee for cooking.

- **Read Labels Religiously:** Processed foods are the biggest hiding spot for these oils. If you see "vegetable oil" or "soybean oil" on the ingredient list of your crackers or dressing, put it back. Look for brands that use olive oil or avocado oil instead.

- **Skip the Deep Fryer:** Fried foods from restaurants are almost always cooked in high-Omega-6 oils that have been heated to dangerous temperatures. Choosing grilled, baked, or steamed options is a huge win for your cells.

Step 2: Supercharge Your Omega-3 Intake

Once you have lowered the noise of Omega-6s, it is time to amplify the soothing power of Omega-3s.

- **Eat Fatty Fish:** Aim for at least two to three servings of cold-water fish per week. Salmon, mackerel, sardines, and anchovies are superstars. They provide EPA and DHA, the most potent forms of Omega-3 that your brain and body love.

- **Choose Pasture-Raised:** What your food eats matters. Cows and chickens raised on pasture (eating grass and bugs) have naturally higher levels of Omega-3s compared to grain-fed animals. Choosing grass-fed beef or pasture-raised eggs is a simple upgrade.

- **Plant Power:** Incorporating flaxseeds, chia seeds, and walnuts into your diet adds a boost of ALA (a plant-based Omega-3). While not as potent as fish sources, they are excellent for overall fiber and nutrient density.

Step 3: Supplement Wisely

In today's food environment, many people struggle to reach optimal EPA and DHA levels through diet alone. A high-quality fish oil supplement can be the "insurance policy" you need to ensure you are getting enough EPA and DHA.

When choosing a supplement, look for purity and potency. You want an oil that has been molecularly distilled to remove toxins and one that provides a substantial dose of Omega-3s per serving.

Step 4: Balance Every Meal

Create plates that prioritize both healthy fats and natural sources of anti-inflammatory nutrients. Pair healthy oils with plenty of leafy greens and colorful vegetables. This habit helps you maintain a healthy omega-6 to omega-3 ratio over time and provides your body with the micronutrients it craves.

Step 5: Make Consistency Your Secret Weapon

Lasting change comes from small, repeated actions. Whether it's choosing salmon at dinner, swapping vegetable oil for avocado oil, or simply reading food labels, these daily habits build a foundation for lifelong wellness. Celebrate your progress, stay patient, and know every step you take is a powerful investment in your health.

Restoring balance doesn't mean you have to be perfect. It means making conscious, consistent choices that support your biology. Here is a simple, actionable guide to help you get started.

A New Rhythm for Your Life

Balancing your fats is about more than just numbers—it is about how you feel when you wake up in the morning.

It is about having the mental clarity to tackle your day with confidence. It is about moving your body without the stiffness of inflammation holding you back. It is about knowing that you are fueling your heart and brain for the long haul. Start small today. Maybe you swap your vegetable oil for butter. Maybe you choose the salmon instead of the steak for dinner. Every choice is a vote for a healthier you.

You deserve to feel vibrant. You deserve to feel balanced. By taking control of your Omega-3 and Omega-6 intake, you are orchestrating a masterpiece of health that will serve you for years to come. Let's get your body back in tune—together.

7 Hidden **Dangers** of *Seed Oils* You **Need** to Know

Walk down any aisle in your local grocery store, and you are surrounded by choices. Colorful boxes, health claims on labels, and convenient snacks all vie for your attention. But hidden in the ingredients list of many of these everyday foods is a silent contributor to poor health: seed oils.

We believe that understanding what goes into your body is the first step toward reclaiming your vitality. You might think you are making healthy choices, but if your diet is high in processed seed oils, you could be unknowingly fueling inflammation and compromising your long-term wellness.

It is time to pull back the curtain on these pervasive ingredients. By learning where they hide and how they affect your body, you empower yourself to make changes that support a healthier, sharper, and more vibrant you.

The Everywhere Ingredient

You might not cook with soybean or corn oil at home, but chances are, you are consuming them daily. These oils are the darlings of the processed food industry because they are cheap, flavorless, and shelf-stable.

Common seed oils include:

- Soybean oil
- Corn oil
- Sunflower oil
- Safflower oil
- Canola oil
- Cottonseed oil

These oils are not just in the obvious culprits like fast food fries or potato chips. They are lurking in salad dressings, mayonnaise, crackers, bread, store-bought hummus, and even "healthy" granola bars. They are so prevalent that for many people, they make up a significant portion of daily caloric intake.

The problem isn't just that they are processed; it's what they are made of. These processed seed oils and industrial vegetable oils are incredibly high in Omega-6 fatty acids, particularly linoleic acid. While your body needs some linoleic acid, the modern Western diet provides an overwhelming amount, throwing your body's delicate omega-6 to omega-3 ratio out of whack. Excess intake of these inflammatory oils means the balance between omega-6 and omega-3 fats is tipped in favor of inflammation, which can quietly undermine long-term health.

Why the Balance Matters

Think of your body as a finely tuned instrument. To play beautiful music—or in this case, to function optimally—it needs balance.

Historically, humans consumed Omega-6 and Omega-3 fatty acids in a ratio of about 1:1. This balance allowed our ancestors to maintain healthy inflammation levels, which is the body's natural response to injury or illness.

Today, thanks to the ubiquity of seed oils, that ratio has shifted dramatically. It is now common to see ratios of 20:1 or even higher in favor of Omega-6s.

Why is this a problem?

- Omega-3s (found in fatty fish, flax, and walnuts) generally reduce
- Omega-6 fats—especially linoleic acid, commonly found in processed vegetable oils and other inflammatory oils prevalent in the modern Western diet—can promote inflammatory signaling when consumed in excess relative to omega-3 intake, disrupting a healthy omega-6 to omega-3 ratio.

When you are flooded with Omega-6s from sources like processed vegetable oils, especially those high in linoleic acid, without enough Omega-3s to balance the omega-6 to omega-3 ratio, your body enters a state of chronic, low-grade inflammation. The modern Western diet is notorious for containing excessive inflammatory oils, tipping the balance and overwhelming your natural defenses. This isn't the helpful kind of inflammation that heals a cut finger; it is a persistent fire simmering beneath the surface, contributing to a host of chronic health issues.

The Impact on Your Brain and Body

The consequences of this imbalance, especially the disrupted omega-6 to omega-3 ratio caused by excessive intake of linoleic acid from processed vegetable oils and other inflammatory oils, extend far beyond just feeling a little "off." The prevalence of these oils in the modern Western diet means that excess consumption of industrial seed oils is linked to mechanisms that can damage your health at a cellular level.

1. Fanning the Flames of Inflammation

Chronic inflammation is often called the "silent killer" because it plays a role in almost every major modern disease, from heart disease to metabolic syndrome. When your diet is rich in seed oils, you are essentially pouring gasoline on the fire. This systemic inflammation stresses your body, drains your energy, and makes it harder for your natural healing processes to work.

2. Oxidative Stress and Cellular Damage

Seed oils are chemically unstable. These processed vegetable oils contain polyunsaturated fats—especially linoleic acid—that react easily with oxygen, particularly when heated (like in frying). This vulnerability leads to the formation of harmful compounds and free radicals, making these oils some of the most problematic inflammatory oils in the modern Western diet. Oxidative stress from these reactions damages your cells, proteins, and even your DNA, accelerating aging and weakening your body's defenses. When you eat fried foods or processed snacks made with unstable oils high in linoleic acid, you not only disrupt your healthy omega-6 to omega-3 ratio but also introduce damaging elements directly into your system.

3. A Threat to Brain Health

Your brain is particularly vulnerable, especially in the context of the modern Western diet, which often includes high levels of linoleic acid from processed vegetable oils and inflammatory oils. It is made largely of fat, and it relies on a steady supply of healthy fats to build cell membranes and facilitate communication between neurons. When the omega-6 to omega-3 ratio is disrupted —often through excessive consumption of linoleic acid and inflammatory oils found in common vegetable oils—your brain's health and function can suffer.

Research has shown that modern diets have dramatically increased linoleic acid intake compared to historical levels, raising concerns about long-term metabolic and neurological effects.

When your diet is dominated by inflammatory oils—especially those found in common vegetable oils high in linoleic acid, as seen in the modern Western diet—these inferior fats get incorporated into your brain cells and disrupt your healthy omega-6 to omega-3 ratio. This can lead to:

- **Reduced Cognitive Function:** Inflammation in the brain (neuroinflammation) is linked to brain fog, slower processing speeds, and memory issues.

- **Mental Health Struggles:** Emerging research suggests a link between high Omega-6 intake and increased risk of mood disorders like depression and anxiety.

- **Long-Term Decline:** Chronic neuroinflammation is a key driver in neurodegenerative conditions. By reducing seed oils, you are actively protecting your brain's future.

4. How to Reclaim Your Pantry (and Your Health)

This information might feel overwhelming, but here is the good news: You have the power to change this. By learning how the omega-6 to omega-3 ratio affects your health—and understanding the role of linoleic acid in common vegetable oils and other inflammatory oils that dominate the modern Western diet—you can begin to make empowered choices.

You don't need a complete lifestyle overhaul overnight. Small, consistent changes—especially those focused on improving your omega-6 to omega-3 ratio and being mindful of linoleic acid—can dramatically reduce your intake of processed vegetable oils and other inflammatory oils that are so common in the modern Western diet. By making these thoughtful adjustments, you help restore balance to your body and set the stage for lasting health. Here is how you can start today.

Become a Label Detective

The most powerful tool you have is your attention. Before you put an item in your cart, flip it over and read the ingredients.

- **Look for the "Big Three":** Soybean, Corn, and Canola oil.
- **Be wary of marketing:** A product might say "Made with Olive Oil" on the front, but the ingredient list might reveal it is mostly canola oil with a splash of olive.
- **Choose simple ingredients:** If you don't recognize an ingredient or can't pronounce it, your body might not know what to do with it either.

Swap Your Cooking Oils

At home, you have complete control. Swap out those industrial seed oils and processed vegetable oils—especially those high in linoleic acid that can disrupt your healthy omega-6 to omega-3 ratio—for stable, nourishing fats that have been used for centuries instead of the inflammatory oils dominating the modern Western diet.

- **For High Heat:** Avocado oil, coconut oil, ghee, or tallow. These fats are stable at high temperatures and won't oxidize easily.
- **For Low Heat/Finishing:** Extra virgin olive oil. It is packed with antioxidants and heart-healthy monounsaturated fats. Drizzle it on salads or veggies after cooking.

Recipe: Roasted Veggies with Avocado Oil & Fresh Herbs

Serves :4
Prep time: 10 minutes
Cook time: 25 minutes

Making healthier choices starts in your own kitchen, especially when you're mindful of the oils you use and their impact on your omega-6 to **omega-3** ratio. Here's a simple, delicious recipe that proves you don't have to sacrifice flavor to reduce your intake of linoleic acid, which is prevalent in most vegetable oils and can contribute to an unhealthy balance of inflammatory oils found in the modern Western diet. This dish uses avocado oil, a stable, nutrient-rich alternative your body will thank you for.

Ingredients:

- 1 large zucchini, sliced
- 1 red bell pepper, chopped
- 1 small red onion, sliced
- 1 cup cherry tomatoes, halved
- 2 tablespoons avocado oil
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon sea salt
- Fresh ground black pepper, to taste
- Fresh parsley, chopped (for garnish)

Instructions:

This recipe is designed to help you support a healthier omega-6 to omega-3 ratio while minimizing your intake of linoleic acid, a fatty acid found in most common vegetable oils and inflammatory oils that dominate the modern Western diet. By choosing alternatives like avocado oil, you're taking a meaningful step to reduce the negative effects of industrial oils and keep your meals nourishing and simple.

- Preheat your oven to 425°F (220°C) and line a baking sheet with parchment paper.
- In a large bowl, toss the zucchini, bell pepper, onion, and tomatoes with avocado oil, oregano, basil, salt, and pepper until well coated.
- Spread the vegetables evenly on the prepared baking sheet.
- Roast for 20–25 minutes, stirring once halfway through, until vegetables are golden and tender.
- Remove from oven, sprinkle with fresh parsley, and serve warm.

Why This Works: Avocado oil is stable at high heat and loaded with monounsaturated fats that support heart and brain health—offering a nourishing alternative to common vegetable oils found in the modern Western diet. By choosing avocado oil over inflammatory oils that are high in linoleic acid, you're helping to maintain a healthier omega-6 to omega-3 ratio with every meal. Paired with the natural flavors of fresh veggies and herbs, you get a delicious, wholesome side or main dish that's easy to prepare and perfectly suited for anyone looking to avoid the negative effects of excessive inflammatory oils that often come from processed vegetable oils.

5. Dining Out with Confidence

You can still enjoy restaurants—even while being mindful of your omega-6 to omega-3 ratio and the prevalence of vegetable oils in the modern Western diet. Don't be afraid to ask your server how food is prepared or what oils are used in cooking. Many restaurant dishes are made with inflammatory oils high in linoleic acid, especially when sautéing or frying vegetables. To protect your balance, you can request your vegetables be steamed instead of sautéed, or ask for olive oil and vinegar on the side for your salad instead of the house dressing, which often contains processed vegetable oils. Most places are happy to accommodate simple requests, and making these adjustments can help you reduce your intake of the inflammatory oils common in the modern Western diet.

6. The Shift Toward Healthier Cooking Oils

Restaurants are beginning to recognize the importance of healthier cooking practices, and an encouraging trend is the return of traditional fats like tallow for frying items such as french fries. Unlike heavily processed vegetable oils that dominate the modern Western diet and are high in omega-6 fatty acids—particularly linoleic acid—tallow is a more stable fat that doesn't break down as easily under high heat, making it a safer option compared to many inflammatory oils. This shift reflects a growing awareness of the negative health impacts associated with excessive omega-6 intake, the disruption of the omega-6 to omega-3 ratio, and the particular risks linked to linoleic acid-rich vegetable oils.

Many establishments are also adopting other wholesome cooking methods and ingredients, making it easier for diners to avoid the inflammatory oils so prevalent in the modern Western diet. The next time you're dining out, don't hesitate to ask about the type of oil being used—many restaurants are proud to share their commitment to better options.

7. Small Changes, Big Impact

You don't have to overhaul your entire diet overnight to see meaningful benefits. The key is consistency and awareness. Every time you swap a processed vegetable oil for a more stable, traditional fat, you help lower your overall inflammatory burden and support a healthier omega-6 to omega-3 balance.

Start with simple wins:

- Replace one pantry staple this week
- Cook one extra meal at home
- Check labels on your most-purchased foods

These small decisions compound over time. What feels like a minor shift today can translate into better energy, clearer thinking, and stronger long-term health down the road.

Rebuilding the Balance

Reducing excess omega-6 oils—especially those found in common vegetable oils and inflammatory oils so prevalent in the modern Western diet—is only half the equation when it comes to restoring a healthier omega-6 to omega-3 ratio. Many people also benefit from intentionally increasing their intake of omega-3 fats—particularly EPA and DHA from fatty fish or high-quality fish oil—to help counterbalance the high levels of linoleic acid consumed in processed foods. If you're looking for a reliable source, consider our premium Omega-3 supplement to help support your journey toward optimal health.

Every time you choose butter over margarine, or olive oil over soybean oil, you're helping to restore a healthier omega-6 to omega-3 ratio in your diet. By avoiding vegetable oils and inflammatory oils that are high in linoleic acid—ingredients that have become staples in the modern Western diet—you send a message of love and support to your cells. You are choosing clarity over fog, and vitality over fatigue.

Start where you are. Check your pantry today for foods containing vegetable oils and inflammatory oils, especially those high in linoleic acid so common in the modern Western diet. Read one label, look for hidden sources that may impact your healthy omega-6 to omega-3 ratio, and make one swap toward a better balance. Your journey to better health is a series of small, positive steps—and we are here to cheer you on every step of the way. You can do this, and your body will thank you for choosing foods that support a healthier omega-6 to omega-3 ratio.