



## Omega Six, the Devil's Fat: A Message of Dietary Hope

By Robert Andrew Brown

Les Creux Limited, United Kingdom, 2008. Paperback. Book Condition: New. 244 x 165 mm. Language: English Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Devils Fat is a book everybody should read. The Omega Three and Six essential fatty acids families, (EFAs), are particularly fundamental to female health. Omega 6 is the sibling of Omega 3. If Omega 3 is the mistress, Omega 6 is the master. Omega 6 arguably links us to the fertility of the environment. The impact of EFAs on health, body structure, and function are little understood by the general public. Omega 3 and 6 alter behaviour. This book looks at pressing issues in society from an Omega 3 and 6 viewpoint including the impact of excess Omega 6 on health costs, for individuals and nations, in a competitive world. Issues examined include; western inflammatory conditions, such as ADHD, asthma, arthritis, diabetes, osteoporosis, and neurological disorders like dementia and Alzheimer s, as well as fertility, early puberty, obesity, sleep quality, gender identity, alcohol consumption, and behavioral trends such as aggression, self harm, suicide, and criminality. The book tries to be both understandable to the general public, and sufficiently authoritative to interest a doctor. Well over 800...



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