



# Balance You

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Balance You

April 30, 2014 ·

**WOMEN:** In an article written by Marcelle Pick, OB/GYN NP, she states that: "Research has confirmed that omega-3 fatty acids can have an excellent effect on impacting degenerative diseases, such as heart disease, hypertension, rheumatoid arthritis, Alzheimer's, diabetes, and many others. There are anti-inflammatory properties in omega-3 fatty acids and these have shown to have a positive effect for women especially those going through menopause, thus having impact on the preservation of the heart, breast, and bone health, and better yet, it balances their moods...What is important for long term health and well-being is to balance the ratio of omega-6 to omega-3. Researchers indicate that the best ratio of omega-6 to omega-3 is about 2:1 and 4:1..."  
(<http://www.womentowomen.com/.../balancing-your-omega-3-fatty.../>)

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