



Healthy Habits Coach

Wellness from the Inside Out

# the Wellness News

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## Healthy Fats: Understanding the Omega-3 and Omega-6 Connection

What you eat affects how you feel. New research indicates that the even the good fats we eat could be out of balance, and this just might be making us sick.

We thought polyunsaturated fats were good. Right? There are two types: omega-3 and omega-6 fats. We need both, but we get far too many omega-6's and not enough omega-3's.

Omega-6 fats increase inflammation. Inflammation increases the risk of heart attacks, strokes, arthritis, asthma, menstrual cramps, headaches, depression and osteoporosis. Changing your diet could lower your risk of suffering from these.

Omega-3 fats protect us against inflammation. They lower triglycerides and protect our heart. They protect us against the inflammatory diseases, including arthritis, diabetes, and gastrointestinal problems like irritable bowel syndrome. They keep our brain healthy, minimizing the effects of dementia, multiple sclerosis, depression, and bipolar disorder.

You can **decrease the omega-6 fats** in your diet by limiting most vegetable oils (olive and canola are still good), and watching fats from packaged or fried foods. Choose meats, dairy products and eggs from animals that are grass fed (instead of grain fed).

**Increase omega-3 fats** with fish, fish oil, flax seeds and walnuts. Fish is a much more potent source of omega-3's than flax or other plant sources. It is ideal to get some of each.



Check out my new ebook for more detail on all of this. An ebook is something that you can download directly from my website ([www.healthyhabitscoach.com](http://www.healthyhabitscoach.com)). It covers what to look for in fish oils, the difference between fish oil, flax seed, and flax oil, and much more. You can see the table of contents and read the first chapters on the website.

How you eat really can change your health risks and how you feel. We can't change our genes, but eating better and feeling better is easier than you think!

### Reward! Food!

Are you always thinking about other people? It brings many of us great joy to serve others. Being of service is its own form of grace. It is also something that can become out-of-balance when we neglect ourselves in the process.

Your car has a convenient gauge that tells you when fuel is getting low. It is easy to fill the tank before running out. We humans also come equipped with signals that indicate when

our energy reserves are getting low. Unfortunately it is more subtle than the car's full-to-empty gauge. Too bad: we could use an external indicator since we tend not to listen to or trust our own internal ones.

When we get tired and worn out from giving ourselves to the world around us, it is time to refuel. Usually that means slowing down, taking some time out, or doing something that fills us. But many of us feel guilty about taking time out and doing something for ourselves. It seems selfish.

Fortunately, it is not really an either-or situation. Taking time out for yourself does not mean that you have to stop giving to or caring for others. When you take a break and refuel, you actually have more to give. Your energy has a cleaner quality to it. When you are fully fueled, it is easier to find joy in giving; it is less of a chore.

When you are tired but push yourself to keep going, the tendency is to refuel with food. A "boost" from the extra calories can temporarily raise your blood sugar and your energy level. It can give you a short burst to keep going, although frequently there is a let-down or drop in energy a little later. Food also acts as a reward. It is like paying yourself off to keep going.

Another way to think about it is to treat ourselves *as well* as we treat others. We don't even have to treat ourselves *better* – just *as well!* What a difference that could make! After all, we have a responsibility to take care of this amazing body and life that we have been given.

We have rewarded ourselves with food for so long that it is often unconscious. By increasing our awareness we can make a conscious choice; and often we can choose to enjoy something other than food.

### Summer Teleclasses

#### **When It's Not About the Food: How to Stop Eating**

4 Wednesdays, starting July 11; 12 noon -1 pm \$80

*Do you know what to eat but have trouble doing it? What are you feeding? Discover the difference between physical and emotional hunger. Learn techniques to comfort without food, increase awareness, and find the right fuel.*

#### **Dodging Diabetes** Tuesday, Aug 14; 5-6 pm PDT **FREE**

Prevent or reverse type two diabetes with nutrition and exercise. Tweak your diet to make it anti-inflammatory.

### Kathy Nichols: Life Coach & Registered Dietitian

Health and Wellness Coaching and Nutrition Consulting. Discover the food *and* non-food fuel that works best for you.

Create a healthy lifestyle tailored just to you.

*Discover Wellness from the Inside Out!*



Kathy Nichols is the Healthy Habits Coach. She is a nutrition expert with 30 years experience as a registered dietitian. Her life coach training and certification through the Coaches Training Institute provide the tools and perspectives to change how you think about food. **707 431-7524** [www.healthyhabitscoach.com](http://www.healthyhabitscoach.com)