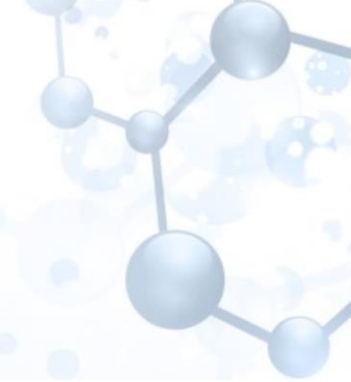


# Essential Fatty Acid Questionnaire



## Essential Fatty Acids

Brain cell membranes are composed of over 80% good fats. They stabilize membranes required for proper brain cells to function. The good oils keep lining of brain cells flexible so that memory and other brain messages can pass easily between cells.

The link between low levels of omega-3 fatty acids and a variety of mental health conditions is emerging in the literature in the form of attention deficit disorders, depression, bipolar disease, schizophrenia, dementia, Alzheimer's disease, and mood disorders. Fatty acids are the key fuel source for the brain. It is therefore not surprising that fatty acid imbalances can give rise to neurological imbalances.

If you have answered YES to more than 30% of this list, please ask your health practitioner to measure your Essential Fatty Acid levels.

Tests available in identifying the Balance of pro-inflammatory and protective fatty acids:

- Omega 3 Index
- Essential Fatty Acid profile
- AA:EPA ratio

Essential Fatty Acid Quiz	
Dry skin, cracked heels, scaly or flaky skin	
Small bumps on back of upper arms	
Lackluster skin	
Patchy dullness &/or color variation of skin	
Mixed oily and dry	
Irregular quilted appearance of skin (e.g., legs)	
Dry, lacklustre, brittle or unruly hair	
Dandruff or cradle cap	
Soft, fraying, splitting or brittle fingernails, lack of surface shine	
Slow growing fingernails	
Dry eyes	
Inadequate vaginal lubrication	
Dry mouth/throat	
Menstrual cramps, Premenstrual breast pain/tenderness	
Stiff or painful joints	
Excessive thirst	
Excessive ear wax	

