



Dr. med. Bodo Grahlke

Facharzt Gynäkologie und
Geburtshilfe FMH

Omega-3 fatty acids, inflammation and infections

The fact that today's diet is rich in omega-6 and at the same time poor in omega-3 fatty acids plays an important role in the topic of inflammation. Inflammation is triggered, among other things, by the formation of inflammatory factors.

In contrast, there are messenger substances that are formed by the body from the omega-3 fatty acids and inhibit inflammation.

Specialist societies recommend the intake of omega-6 fatty acids to omega-3 fatty acids in a maximum ratio of 5:1. However, the actual ratio is 20:1. The consequence of this imbalance: inflammation is not sufficiently stopped – which fuels the occurrence of chronic inflammatory diseases and infections.

Inflammation: This is what you should pay attention to

Reduce the amount of omega-6 fatty acids in your diet, especially that of inflammation-promoting arachidonic acid. This is only found in animal foods such as



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meat and sausages. It would therefore be optimal to restrict meat and sausage consumption.

Today's diet contains too much linoleic acid. It is found in vegetable oils such as sunflower and corn germ oil. These oils are also used in the production of finished products. Ergo must avoid these finished products, because: The less linoleic acid and arachidonic acid are supplied with the food, the less anti-inflammatory substances can be formed.

The decrease in omega-6 intake should be accompanied at the same time by the absorption of more omega-3 fatty acids. For example, by linseed oil.

More Omega-3 sources

Given the importance of omega-3 for inflammatory processes, it is advisable to incorporate good omega-3 sources into your diet.

Fatty deep-sea fish contains abundant EPA and DHA, i.e. the precursors of anti-inflammatory messengers. Therefore, the regular consumption of these fish (at least twice a week) has a beneficial effect on inflammatory diseases. Due to the problems of overfishing and heavy metal pollution, regular fish consumption - especially for pregnant women - is only recommended to a limited extent.

As an alternative, dietary supplements are suitable for an optimal supply of important omega-3 fatty acids.

Source www.dr-johanna-budwig.de