

Eggs: An Excellent Source of Omega-3 Oils for Better Health

Eggs have many health benefits, among them being the fact they can be an excellent source of omega-3 oils that can promote better health in those that take it as a supplement. Hens fed on flax seeds are particularly high in omega-3 fatty acids, although eggs have many health benefits other than omega-3.

Most of the health benefits of Omega fatty acids are well known, although many more are being continually discovered as scientists research the uses to which the substances can be put in our bodies. Omega-3 fatty acids have long carbon chains that are polyunsaturated, i.e. contain multiple double bonds in the hydrocarbon chain. As opposed to saturated fatty acids with no double bonds. They are important components of our neurological systems and help to build up cell membranes, but are probably best known for their effect in protecting us from cardiovascular diseases. Omega-3 fatty acids can help us to maintain a healthy heart, and so enable us to live longer.

The current western diet has been changing to reduce cholesterol intake and improve our lifestyle. However, this has not all been well advised, and the resultant diet is rich in vegetable oils as opposite to animal fats, the relative levels of omega fatty acids having changed in favor of omega-6 fatty acids. These omega-6 fats are not as healthy for us as omega-3, and can lead to a thrombogenic state that more easily leads to cardiovascular diseases and blood clots. Rather than a normal omega-6 to omega-3 ratio of around 2:1, this 'improved' diet has increased it to anything up to 50:1.

The American Heart Association has been advocating a diet richer in omega-3 fatty acids since 1996, yet while research continues to favor omega-3, the increase in consumption of vegetable oils has continued to increase, and with it a reduction in the overall health of a nation.

Omega-3 enriched eggs have been introduced as one means of redressing the balance. Hens fed on flax seeds lay eggs with a much higher proportion of omega-3 fatty acids than normal: up to and over 150mg per egg. Such eggs also have reduced cholesterol – over 15% less, and also are higher in vitamin E, a strong antioxidant, by up to 300%.

Two of the components of omega-3 oils, linoleic acid and linolenic acid, are what are known as 'essential' fatty acids. The term means that they cannot be manufactured in your body, so must essentially be introduced through your diet. When the human body developed to what it is now, the consumption of fish and other oils rich in omega-3 fatty acids was a significant part of our diets, and allowed our bodies to develop the biochemistry and metabolism that it uses today.

If we now upset that biochemistry by cutting our intake of unsaturated fatty acids, our metabolism will suffer and our general health decline. This is one reason why humans should interfere with their natural eating habits as little as possible, or if we do so excessively we should use supplements to replace what we are excluding from diets that have been natural to us for countless millennia. It is dangerous now for the human race to suddenly switch to a significantly different diet without suitable supplementation, because we do not know the long terms effects of doing so.

One way to maintain a steady intake of the fatty acids our metabolism needs in order to ensure our survival is to eat eggs, and especially omega-3 enriched eggs. Of course, eggs have a lot more beneficial health effects than just omega-3. Take choline for example. This is a trimethylated compound that is important in the metabolism of fats. It is the newest official B vitamin, and is an essential component of cell membranes. It is particularly important for the maintenance of the health of your brain, and preventing many brain disorders.

It is also important in methylation, an important biochemical process, and also in the biochemical synthesis of the neurotransmitter acetylcholine. This substance is used to pass messages between nerve cells and from nerve cells to muscles, and a deficiency can cause many health problems, including heart disease and diseases of the vascular system. Methylation is a very important biochemical reaction, being used particularly in messages between body cells and is used to switch genes on and off.

Up to 90% of Americans are deficient in choline, and subject to many diseases because of it. Symptoms include insomnia, fatigue, excess fat concentrations in the blood and problems with your nerves and muscular control. It can cause liver problems and heart problems, and cause a number of brain disorders.

Choline is available in the diet from lecithin and egg yolks, and also soya beans, flax seeds, peanuts and potatoes. The typical American diet is not conducive to an adequate choline intake, and increased egg consumption can help to redress this. This is particularly true of eggs from hens fed with flax seeds, or linseed, from which the triple benefits of choline, omega-3 fatty acids and vitamin E are obtained. Just two eggs will provide you with almost 50% of your daily requirement of choline.

Some are wary about the cholesterol content of eggs, but studies have indicated that it not so much the amount of dietary cholesterol that is eaten,

but saturated fats that cause the excess deposition of cholesterol in the arteries. Cholesterol is an essential part of human biochemistry, and without any we could not survive. In fact, studies have shown that eating two eggs daily can improve your cholesterol levels

Eggs are also rich in lutein, and contain more than vegetables such as spinach. Lutein is an important carotenoid that is believed to prevent age related macular degeneration, which can lead to blindness, and also prevents the development of cataracts. Eggs also appear to have anti-clotting properties on the blood, and so help to reduce the thrombogenesis of omega-6 fatty acids.

Without a doubt, eating eggs is very good for your health, and especially so if they are rich in omega-3 fatty acids. They contain a wide variety of nutrients and truly are a complete food packaged by nature. Some may prefer to stay away from eggs and miss the omega-3 benefits so there is an alternative for diets that exclude eggs. Omega-3 is available in a supplement form that one can take on a daily basis to reap the benefits omega-3 presents.

About the Author

More information on [omega-3](#) oils is available at VitaNet, LLC Health Food Store. <http://vitanetonline.com/>

Source: <http://www.healthcrazed.com>