

10 TIPS FOR INCREASING YOUR ESSENTIAL FATS

Your body can produce most of the fats it needs except for two; omega-3 and omega-6 fatty acids. These are called **essential fats**. They're essential for normal functioning of tissues throughout your body. They are also essential because you need to *eat* them to *get* them. We've gathered great ways to eat your essential fats and ensure your body has what it needs to thrive.

GREEN MACHINE

1

Yes! Leafy greens have essential fats. Up your intake with salads, smoothies and cooked greens.

2

GO FISH!

Eat a variety of wild-caught fish, especially those high in essential fats like salmon and sardines. Other fish high in omegas (and low in mercury) include anchovies, mackerel and trout.

GET GRASS-FED

Enjoy red meat but skip the factory-farmed meat and opt for grass-fed beef or lamb instead. When your animals eat their leafy greens you reap the essential benefits.

3

Marine phytoplanktons (blue-green algae) are an ideal source of essential fats. Add an ounce of E3Live to your smoothies or chug a shot and experience the increased energy.

4

ADD IN ALGAE

5

SEEK OUT SEEDS

Increase seeds rich in essential fats like hemp, flax and chia. Add them to smoothies, salads, dressings, granola and desserts. Remember to store these babies in the fridge or freezer, as the essential fats can easily go rancid.

Use cold-pressed oils that are rich in essential fats like flax and hemp seed oils for salad dressings, pestos, or add a squirt to your morning smoothie.

7

WALK ON THE WILD SIDE

Find a source for wild-caught game like venison, elk or buffalo. Remember that you eat what your animals do. The wild-roaming beasts eat the turf that's loaded with nutrients.

6

Find them in the refrigerated section of your grocery, keep

them cold, and steer clear of heat with use.

DRIZZLE IT ON

HAPPY CHICKS

8

Pass on commercial chicken and eggs. Instead opt for pastured eggs and free range poultry. Seek out a local farmer for the best source.

9

WELCOME WALNUTS

Increase your nut and seed consumption especially walnuts and pumpkin seeds for amped up essential fats. Enjoy them in smoothies, trail mix, bars, nut butters, or pesto.

Steer clear of refined oils, especially from

GMO crops; this includes vegetable, soybean, canola and safflower oils. For high heat cooking, use coconut, ghee, lard or grass-fed butter instead.

10

ELEVATE YOUR OILS