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The Omega Solution

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Research has shown essential fatty acid nutrition to have a profound impact on various medical conditions, including heart disease, diabetes, and arthritis. Essential fatty acids (EFAs) are crucial components in the body's ability to control the inflammation associated with these and other disease states. In *The Omega Solution*, Jonathan Goodman, a naturopathic physician, defines in simple terms what essential fatty acids are and the purpose they serve in the body, as well as fatty acid metabolism.

The first two chapters of the book present information on the history of essential fatty acid research to date, along with dietary sources of these important nutrients. The third and fourth chapters outline mechanisms of action, signs of EFA deficiency, how to balance omega-6 and omega-3 fatty acids, as well as diseases that can result in EFA deficiency.

The middle section of the book (chapters 5-12) explores the role EFAs play in various conditions, including heart disease, rheumatoid arthritis, psoriasis and eczema, brain and nerve function, cancer, diabetes and diabetic neuropathy, women's health, and other miscellaneous conditions. Throughout this section the author includes framed sections entitled "Quick Overviews" (a summary of the section), "Breakthroughs in Healing" (anecdotal notes on patient experiences), and "The Right Dose" (dosing information).

The final two chapters of the book discuss non-essential, but important, fatty acids and various factors that influence fatty acid levels and metabolism. Appendices at the end of the book provide helpful information on sources of essential fatty acid products, laboratory facilities performing fatty acid analysis, and a reference list organized by chapter.

This text provides the consumer with clear guidelines on how to begin incorporating EFAs into their diets to enhance health and healing. Useful diagrams and charts also give the EFA content of various food sources, enabling readers to easily monitor and regulate their EFA intake.

Jonathan Goodman is a licensed naturopathic physician. He is a graduate of the University of Chicago and Bastyr University and is an attending physician at Griffin Hospital's Integrative Medicine Center in Darby, Connecticut. He also maintains a private family practice at the Center for Women's Health/Center for Naturopathic Medicine in Darien, Connecticut.