POLYUNSATURATE FATTY ACIDS AS A SOURCE OF LONGEVITY

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Essential polyunsaturated fatty acids omega-3 and omega-6 are necessary to maintain the health of all body systems, but they are not synthesized by the human body. Sources are the products of animal and vegetable origin.

The aim of this work was to study plant sources of polyunsaturated fatty acids (PUFA) and their application in various diseases due to the unstable economy and rising prices on seafood.

A detailed study of the scientific literature on the topic and analysis of medicinal plants containing polyunsaturated fatty acids methodological basis was

The preservation of health and life is impossible without omega-3 and omega-6 PUFA. Linum usitatissimum, Júglans régia, Heliánthus ánnuus are the sources of obtainig PUFA.

Flax seeds and Flaxseed oil are the main supplier of omega-3 from plant products.

Flaxseed oil promotes activation of fibrinolysis and reduce the clotting properties of blood, in this connection, it is recommended for use in patients with cardiovascular disease, thrombophlebitis and varicose veins.

The presence of this oil omega-3 prevents the formation of atherosclerotic plaques, thins the blood and, as a consequence, it is a good preventive remedy for varicose veins.

Use of Linum usitatissimum, you can activate a complex metabolism and for a short time to solve the problem of overweight.

The PUFA deficiency is one cause of most mental illnesses and disorders. Eating flax seed improves the condition in schizophrenia, depression, alcoholism, drug abuse (especially when the syndrome), the number of violations of conduct.

Peanut butter enhances peristalsis, helps with kidney disease; lowers cholesterol. Whole nuts are consumed with depression, insomnia and multiple sclerosis.

Polyunsaturated fatty acids are true "medicine" for vessels, they are an indispensable element for human life.