



Impact of EMS Applications on Greasy Acids Composition in Safflower

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DESCRIPTION

Fatty acids are essential components of our diet and play a crucial role in maintaining optimal health. However, an imbalance in fatty acid intake can lead to various health issues, including obesity, cardiovascular disease, and inflammation. This article aims to provide a comprehensive guide to the treatment of fatty acid imbalances, focusing on dietary interventions, lifestyle changes, and supplementation options. To effectively treat fatty acid imbalances, it is essential to understand their underlying causes. The two primary types of fatty acids are saturated and unsaturated fats. While saturated fats are typically found in animal-based products and are solid at room temperature, unsaturated fats are mainly derived from plant sources and are usually liquid. Imbalances occur when the ratio of these fats in the diet is skewed, leading to an excessive intake of saturated fats. Dietary modifications are key to treating fatty acid imbalances. Adopting a balanced diet that emphasizes healthy fats, such as omega-3 and omega-6 fatty acids, can help restore equilibrium. Including fatty fish like salmon, sardines, and mackerel in the diet is an excellent way to increase omega-3 fatty acid intake. Plant-based sources like flaxseeds, chia seeds, and walnuts are also rich in omega-3 fatty acids. Reducing the consumption of saturated fats, found in red meat, full-fat dairy products, and processed foods, is crucial. Instead, individuals should opt for lean meats, low-fat dairy and healthier cooking oils like olive oil, canola oil, or avocado oil. In addition to dietary adjustments, certain lifestyle changes can further promote the treatment of fatty acid imbalances. Regular physical activity is essential, as it helps burn excess fat and improves overall cardiovascular health. Engaging in aerobic exercises, strength training, and activities like yoga or Pilates can be beneficial. Managing stress levels is also crucial, as stress can

contribute to unhealthy eating habits and promote inflammation. Practices like mindfulness meditation, deep breathing exercises, and engaging in hobbies or activities that promote relaxation can help manage stress effectively. Supplementation can be an effective treatment option for individuals with significant fatty acid imbalances. Omega-3 fatty acid supplements, derived from fish oil or algae sources, are widely available and can help restore balance. These supplements provide Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA), two essential omega-3 fatty acids with numerous health benefits. For individuals with a limited intake of omega-6 fatty acids, supplementing with evening primrose oil or borage oil, rich in Gamma-Linolenic Acid (GLA), can be beneficial. However, it's important to consult with a healthcare professional before starting any supplementation regimen, as they can assess individual needs and potential interactions with medications. Healthcare professionals can conduct blood tests to measure fatty acid levels and provide recommendations based on the results. Adjustments to the dietary and supplementation plans may be necessary to ensure ongoing balance and address any changes in health status. Treating fatty acid imbalances requires a multi-faceted approach that includes dietary modifications, lifestyle changes, and, in some cases, supplementation. By adopting a balanced diet, reducing saturated fat intake, and incorporating sources of healthy fats, individuals can restore the proper ratio of fatty acids. Lifestyle changes such as regular exercise and stress management are equally important in supporting overall health and fatty acid balance. Supplementation can be beneficial, but it should be done under the guidance of a healthcare professional. By actively monitoring and maintaining fatty acid levels, individuals can take control of their health and reduce the risk of various health conditions associated with fatty acid imbalances.

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CONFLICT OF INTEREST

The author's declared that they have no conflict of interest.