

WHY EXCES OMEGA-6 IS HARMFUL

WHAT IS OMEGA-6?

- Refined vegetable oils (sunflower, corn, soybean, safflower, rice bran)
- Processed foods
- Fried snacks

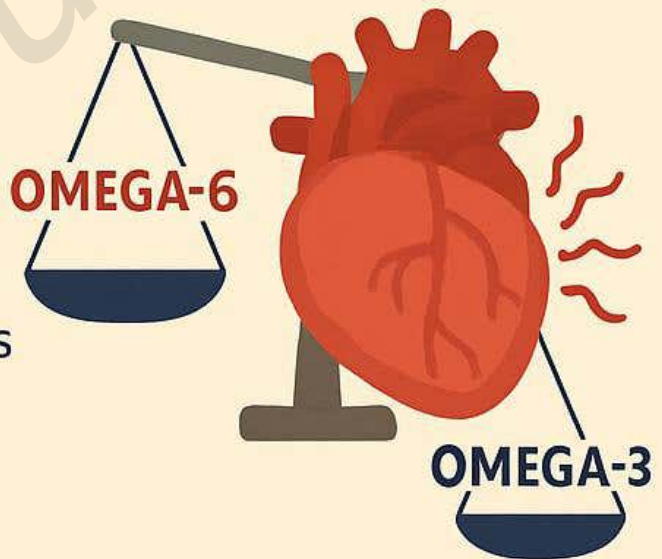


PROBLEM: MODERN DIETS HAVE A DANGEROUS IMBALANCE

CURRENT RATIO (INDIAN DIET) 20:1 TO 70:1

EXCESS OMEGA-6 = INFLAMMATION FACTORY

- Triggers chronic inflammation & blood clots



INCREASED RISK OF MAJOR DISEASES



Heart disease

Cancer



Autoimmune conditions



Diabetes



HOW TO FIX THE IMBALANCE

- Avoid refined oils high in omega-6
- Switch to cold-pressed oils (mustard, coconut-ghee)
- Eat more Omega-3-rich foods: Flaxseeds, chia seeds, walnuts, salmon

WHY REFINED OIL CAN BE BAD FOR HEART HEALTH



1. HIGH-HEAT REFINING PROCESS DESTROYS NUTRIENTS

High temperatures ($\sim 200-250^{\circ}\text{C}$) strip away antioxidants, phytosterols, essential fatty acids



2. PROMOTES CHRONIC INFLAMMATION

Omega-6 to omega-3 imbalance*, harmful ratio \rightarrow causes inflammation (key trigger of heart disease)

**High in refined oils*



3. CONTAINS HARMFUL ADDITIVES

TBHQ, anti-foaming agent & more \rightarrow associated with liver damage, oxidative stress



4. REAL HEART-HEALTHY OILS? NOT REFINED ONES

Choose cold-pressed oils like mustard oil, extra virgin olive oil, desi ghee