

Lowering Omega 6 in ratio to Omega 3 reduces inflammation

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<http://www.medscape.com/viewarticle/555736>

Diets With High Omega-6:Omega-3 Ratios Enhance Risk for Depression, Inflammatory Disease

When people are stressed and depressed, diets are poorer, since people do not usually eat more fruits and vegetables, Dr. Kiecolt-Glaser noted. She added that "any way that people get more omega-3 and less omega-6 is probably good."

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