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# Omega-6/3 Fatty Acids: Functions, Sustainability Strategies and Perspectives (Nutrition and Health)

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**Omega-6/3 Fatty Acids: Functions, Sustainability Strategies and Perspectives (Nutrition and Health)**

Over the last several years developing human research suggests that a component of omega-3 fatty acids, long chain ones, contribute particularly to health benefits. *Omega-6/3 Fatty Acids: Functions, Sustainability Strategies and Perspectives* focuses on developing information on this newly recognized key component. This volume uniquely, and for the first time, focuses on sustainability of natural sources of omega-3 fatty acids variants including long chain ones, and on ways to increase their use and availability to reduce major diseases. The authors review cardiovascular disease, neurological changes and mental health and other diseases like diabetes where long chain omega-3 fatty acids play protective roles from recent human trials. Each chapter evaluates developing information on the possible mechanistic role of long chain omega-3 fatty acids. After showing their requirement and involvement in health promotion there are reviews of various sources and ways to protect and promote them. Authors provide support for the benefits and sources of long chain omega-3 fatty acids and their increased dietary intake that reduce various physical and mental illnesses. *Omega-6/3 Fatty Acids: Functions, Sustainability and Perspectives* is a unique and important new volume that provides the latest data and reviews to physicians who need to assess serum omega-6/3 and fatty acids to help diagnose risks and change diets and to inform industry and the scientific community with reviews of research for actions including new studies and therapies.

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