

Low Omega 3 Symptoms Of Omega-3 Essential Fatty Acids Deficiency

Put a checkmark next to each symptom you experience on a regular basis.

- Dry skin
- Dandruff
- Frequent urination
- Irritability
- Depression
- Attention deficit
- Soft nails
- Allergies
- Lowered immunity
- Weakness
- Fatigue, lethargy
- Dry, unmanageable hair
- Excessive thirst
- Brittle, easily frayed nails
- Hyperactivity
- "Chicken skin" on back of arms
- Dry eyes
- Learning problems
- Poor wound healing
- Frequent infections
- Patches of pale skin on cheeks
- Cracked skin on heels or fingertips
- Aggressiveness

If you have eight or more symptoms, it would be worth it to get your red blood cells analyzed for their fatty acid content. You will see if you have enough omega-3 and omega-6 fats in your body. Correcting a fatty acid imbalance can *drastically* change the quality of your life.

If you can't find a place to get tested or don't have a doctor, Genova Diagnostics is a good choice to get lab tests. Link is [here](#).

This list is partly drawn from Dr. Michael Schmidt's book [Smart Fats](#) and modified from [Depression-Free. Naturally. by Joan Mathews Larson](#).