

## PREVIEW\_ Franziska Spritzler - Q&A (San Diego 2017) 2

**Questioner woman:** I'm allergic to fish, so what do I do? I can't eat fish three times a week.

**Franziska Spritzler:** Okay, I understand, and some people just don't like fish either. So all fish? All fish and seafood? Okay. So in that case you can take algae that has DHA. Oh, you're already doing that? Great.

And you can get a little bit of a conversion from some of the alpha-linolenic acid, ALA, in walnuts, flaxseed, Chia seeds and it's in small amounts in others as well. Can you take fish oil capsules? No, okay. Then that's what you'll do.

And also really minimize Omega-6 fats, because that's important. The balance of Omega-3 to Omega-6. So try not to get... Well, obviously if you're here, you've already heard vegetable oils are bad, but also even some of the meats, like if you do chicken, dark chicken is a little higher in Omega-6 versus grass fed beef would be higher in Omega-3.

**Questioner woman:** Thank you.

**Franziska Spritzler:** Sure.