

You Are What You Eat: The Role of Polysaturated Fatty Acids in Pain

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The omega-6 and omega-3 polyunsaturated fatty acids (PUFAs) are essential fatty acids as they are not synthesized by our bodies, but must be consumed in our diet. Among many other functions, several studies have implicated omega-6 PUFAs with increased pain responses and, conversely, have reported that the omega-3 PUFAs are associated with reduced pain responsiveness. This implies that dietary intake of PUFAs may serve as a risk factor or protective factor for pain conditions. Here, we will review both preclinical and clinical studies exploring this hypothesis.