

# FLAX SEED

Benefits of flax are numerous. While flax oil and flax oil capsules are more convenient, the actual flaxseed has the added advantage of fiber, both soluble and insoluble, with 1/4 cup containing nearly 10 grams of fiber. Please read the following to better understand why you should be taking some source of flaxseed, and which source would be better for you.

Several of the benefits of flaxseed are as follows:

- has been shown to **promote normal cholesterol levels** with high concentrations of Omega 3 essential fatty acids (found mostly in cold water fish and flax) important for the health of every cell in your body (including nerve cells). This helps your heart by helping to maintain a proper balance between “bad” LDL and “good” HDL
- **promotes regularity and protects your colon** due to its high fiber content
- a super **source of lignans**--plant substances with **antioxidant properties** (along with the omega-3-fats). Helps support immune and cellular health (including breast health by reducing the availability of excess estrogen) helping the body protect itself against foreign substances
- promotes **healthy skin** by trapping moisture in the lower layers of the epidermis
- **aids in weight loss efforts** by filling you up
- contains **protein** and many other essential **vitamins** and **minerals** (potassium, magnesium, iron, copper, zinc, and Vitamin E).

I feel that the benefits of the seeds vs the oil is worth the extra work. However, the seed has a husk that must be broken down before the body can use it. This can be done one of two ways:

1. Soaked. Take 2-3 tablespoons and put them in a cup and cover with water for 8-12 hours. This will soften the husk, at which time you can eat them (with the water and all the slimy stuff that results). Or you can put them in a juice, pour them into a protein drink, etc.
2. Grind them. A coffee grinder works well, and then the ground up seeds can go in/on just about anything: salads, cereal, yogurt, juice, soy drinks, soup, ice cream, pizza...use your imagination to create a more healthy lifestyle.

Some comparatives of the “Top 3” healthy must haves... Is it worth adding to your diet?

## 1. Heart Healing Omega-3 and Omega-6 (EFAs)

Source	Omega-3	Omega-6
Golden Flax	48%	19%
Soybean	7%	54%
Pumpkin	15%	42%
Walnut	5%	51%
Safflower	0%	75%
Sunflower	0%	65%
Corn	0%	59%

## 2. Colon-Cleansing Fiber

Source (1cup)	Grams
Golden Flax ¼ cup	10
40% Bran Flakes	6.4
Total Cereal	2.5
Pasta: Spaghetti	1.6
Black Beans	7.2
Lentils	4.0
Checkpeas	14
Rice Brown	4.8
Rice White	.2
Raspberries	9.0
Kiwi	3.1
Broccoli (frozen)	4.6
Corn	7.8

## 3. Immune-Enhancing Lignans

A one fourth cup of Flax has as many lignans as:  
 90 pounds of cabbage  
 82 pounds of bananas  
 75 pounds of strawberries  
 26 pounds of broccoli  
 12 pounds of wheat  
 Nothing else can do this!