

FABULOUS FLAX

SEED AND OIL!

Flax is one of the few seeds that contain both of the essential fatty acids needed in human nutrition, LA and LNA, (Omega 3 and Omega 6) Deficiencies of these are common causing symptoms such as dry skin and eczema, hair loss, slow healing, weakness, impaired vision, learning problems and circulation problems. In the cell these essential oils play a part in attracting oxygen out of the blood to be used by the cell. They are incorporated into the cell walls and so deficiency can cause problems anywhere in the body. Flax oil benefits the cardio-vascular system, skin and hair, nervous system, and inflammatory conditions such as arthritis and colitis.

Flax oil is a wonderful food but should never be cooked! It can be put on vegetables or salads as a dressing or take it mixed with juice. 2-3 tsp. daily will meet your needs. Flax oil must be refrigerated and in dark bottles. Flora brand is good to buy, check expiry date. If the oil develops a sharp chemical taste it is rancid and must be discarded. (One should avoid margarines, hydrogenated fats, and refined vegetable oils as these contain harmful trans-fats which interfere with Omega 3 absorption and oxygen utilization!) Whole flax seed can be added to cereals and breads and is very nutritious. Don't buy flax meal, as once the seed is broken the delicate oils spoil rapidly! Soaked flax seed makes an excellent bulk laxative, however, if the seed is left whole it cannot be digested (because of the mucilaginous coating) it acts as bulk. The best strategy is soak it then blend it up just before you use it, that way you get the bulking action as well as the nutrients. It is rich in protein, minerals, trace elements, and vitamins as well as essential fatty acids.