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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Can Flaxseed Cure Cancer?**

**By Jerry Hall Leo**

The flax plant, an ancient crop, yields the fibre from which linen is woven, as well as seeds (linseed or flaxseed) and oil. The oil, also called linseed oil, has many industrial uses – it is an important ingredient in paints, varnishes and linoleum for example.

Like olive, canola, and most other plant oils, flax seed oil is highly unsaturated and heart-healthy. Lignans and other flax seed components may also have antioxidant properties, which means they may reduce the activity of cell-damaging free radicals.

Recently small studies of cancer patients who consumed flaxseeds have produced some encouraging results.

In one study men with prostate cancer who ate an ounce of ground flaxseeds (almost three tablespoons) a day as part of a very-low-fat diet were able to slow the progress of their cancers between the time they were diagnosed and the time of surgery. A similar study of women awaiting surgery for breast cancer found that those who ate a flaxseed muffin daily (with about four tablespoons of ground flaxseeds per muffin) had a slower tumor growth rate. Studies of animals, too, suggest some anti-cancer benefit from flaxseed. But it's always difficult to know whether it's the lignans that help, or some other element in the flaxseeds. And not all studies have yielded positive results.

Besides lignans, flaxseeds and their oil are also the best food sources of an essential fatty acid, alpha-linolenic acid. "Essential" means we must consume it, because our bodies cannot manufacture it. Essential fatty acids are important for cell membranes, blood pressure regulation, and other functions. Alpha-linolenic acid is an omega-3, similar to some of the fatty acids in fish oil. Like aspirin, omega-3s may reduce blood clotting, thus lessening the chance of a fatal heart attack.

Flaxseeds and their oil may also lower total blood cholesterol, as well as LDL ("bad") cholesterol.

But that should come as no big surprise, since any highly unsaturated oil will do that, particularly if substituted for saturated fats. The fiber in flaxseeds may also help against cholesterol, since it is soluble (similar to that in oats).

## Can Flaxseed Cure Cancer?

Several studies indicate that flaxseed oil, as well as ground flaxseeds, can lower cholesterol, thereby significantly reducing the risk of heart disease. Come Find out How Flaxseed Benefits You at

<http://www.smartreviewguide.com/flaxseed>

### **Can Flaxseed Reduce Blood Clots?**

**By Alfred J. James**

Every minute of every day, our cells are busy breaking down the molecules of certain substances and building up the molecules of others. When we refuel our bodies with essential nutrients, the engine keeps working efficiently with minimal risk of breakdown. But when we consistently try to refuel with foods of poor nutritional value, the engine, your body, starts to work inefficiently and may lead to various health problems.

What is the Difference Between Brown and Golden Flaxseed? Brown flax, can be eaten however, it is grown for the commercial Linseed Oil, paint, and solvents Industries. The Omega Golden Flax Seed was developed for human consumption and is preferred for the food market because of its nutty-buttery flavor. The nutritional value of golden flaxseed vs. brown flaxseed are very similar if the samples are of the same quality. Quality is very important in determining the omega-3 and omega-6 content and overall nutritional value.

Some of the Clear Benefits of Flaxseeds Includes:

1. Lowered blood cholesterol levels 2. Lowered high blood pressure 3. Increased energy, vitality, and stamina 4. Increased sense of calmness under stress 5. Reduced threat of blood clots 6. Protection against cancers, particularly hormone sensitive cancers such as breast and prostate

Can Flaxseed Eliminate Cancer? The results showed that the flaxseed pre-lignans, converted in the intestines by bacteria into powerful anti-cancer lignans, were extremely efficient, in low doses, in killing the breast cancer cells in these volunteer women.

The results were nothing short of dramatic. The growth index in the cancer cells was reduced 34.2%, while the level of programmed cell death increased 30.7%. Women who expressed the HER2 metastatic oncogene saw its expression decrease by a dramatic 71%.

Researchers at The University of Tromso now report that fish oil supplementation lowers blood pressure significantly in people with hypertension and has no effect on glucose control even in people with mid diabetes.

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