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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!

The Many Health Benefits Of Ground Flaxseed

By Greg Haehl

Flax seed is an ancient grain that has been used for centuries for its wonderful health benefits.

Many studies have proven that ground flax seed provides much better nutritional benefits than whole flax seeds because ground flax seed is easier for the body to digest. Ground flax seed is currently being used by many in the treatment of several dietary related issues as well as several diseases. Studies performed by health care professionals have shown that ground flax seed contains properties that can protect postmenopausal women from the onset of breast cancer. These studies have suggested that phytoestrogens, which are naturally occurring compounds, work to bring down the levels of circulating estrogens that have been linked to the formation of breast cancer. High levels of lignan, one of these phytoestrogens, have been found to be contained in ground flax seed. A study performed on 30 postmenopausal women over one year showed that the women that were given ground flax seed had a significant drop in the cancer causing estrogens. Ground flax seed has also proved to be successful in aiding the treatment of prostate cancer. A study performed by health care professionals showed that prostate cancer patients whose diets contained at least three large teaspoons of ground flax seed experienced more significant decrease in the spread of cancerous tumors than those who did not follow the regimen after about five weeks. Another great health benefit of using ground flax seed is its ability to lower cholesterol and the potential onset of heart disease. In addition to ground flax seed containing lignan it also contains alpha linolenic acids which help to bring down the cholesterol levels that can bring on heart problems. Usage of ground flax seed can also help blood platelets from sticking together and causing a heart attack. Tips for adding ground flax seed into your diet include the following. You can add ground flax seed to your morning cereal or to just about any kind of tossed salad. There are many great recipes that can be found on the Internet specifically using ground flax seed.

<http://www.flaxseedpro.com>

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<http://www.ezquoteguide.com>

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<http://www.ezquoteguide.com/car/>

What Are The Natural Healthy Properties Of Flaxseed?

By Rachel Gillespe

Flaxseed oil, which was cited by Hippocrates as a medicine, is recently making a comeback in popularity as modern man has discovered the benefits of Omega 3 fatty acids. Nutty flavored flaxseed oil is highly concentrated with this heart healthy unsaturated fat. Some of the benefits of Omega 3 acids include its positive effect on high blood pressure, the immune system, inflammatory disorders, and some cancers. Flaxseed oil has also proven beneficial in treating in treating eczema.

Both the seed and oil variety of flax are heart healthy due to the Omega 3 fatty acid. This type of fat is important to the development of cell membranes and the regulation of blood pressure. It also has a positive effect on lowering the body's bad cholesterol levels and might even lower the chances of blood clotting thus preventing heart attacks.

Flax seeds themselves have even more health benefits than the oil. These seeds have a hard shell and are slightly bigger than sesame seeds. The seeds contain fiber, protein, minerals, B vitamins and lignins. Lignin, a phytonutrient, is believed to have anti cancer properties, especially, estrogen linked varieties such as breast cancer. Lignins are also noted for their antibacterial, antiviral and antifungal abilities.

Flaxseeds are high in fiber which can be taken regularly as a natural laxative and help prevent colon cancer and ease the symptoms of Irritable Bowel Syndrome. This type of fiber is also believed to be beneficial for those struggling to maintain their blood sugar levels.

Women may also benefit from adding flaxseeds and flaxseed oil to their diet as there are some studies that suggest it assists in promoting natural ovulation as well as having a positive effect on hormones which eases pre-menopausal symptoms.

After reading about some of the benefits the flaxseed offers one may be interested in ways to incorporate them into their diet. First, keep in mind that the seeds need to be ground to experience their health effects; otherwise they just quickly pass through and exit the body. Also, flaxseed oil, like all other oils high in essentially fatty acids is not meant for cooking with. The heating process has a negative effect. Simply add the oil to foods once prepared such as vegetables and pastas.

As mentioned, the flaxseeds can be ground much like flour and therefore can be baked into many foods, including breads, muffins, and pancakes. As the flaxseed has increased in popularity it can also be found in ready to eat cereals and bars. Or, one can simply grind the seeds and toss them on salads, vegetables, etc.

One caution is that some people may be allergic to flaxseeds.

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The Many Health Benefits Of Ground Flaxseed

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