FLAX

SEED OF GOLD

Flaxseeds are gluten-free - so if you are allergic to wheat or suffer from celiac disease, ground **flaxseed is one of your best alternatives to wheat.**

Plus, flaxseeds are the richest source of *lignans*.

What are *lignans*, you ask?

A type of phytoestrogens with powerful antioxidant, anti-tumor, anti-viral, anti-fungal, and anti-bacterial properties, lignans are 100 times more powerful than the next best source - wheat bran.

Remarkable, since *lignans* in flax seeds are also responsible for **improving your memory and brain health.**

Flax seeds are useful for preventing breast cancer and also useful in treating existing cancer

10 Health Benefits of Flax Seeds

The mighty flaxseeds:

1. **Improve your cardiovascular health and blood sugar levels,** lowering your blood pressure, the "bad" cholesterol (LDL) and blood triglyceride values;

2. **Prevent arterial clots** that may result in strokes, heart attacks and thrombosis;

3. **Boost your immune system,** reduce inflammation in your body, alleviate some allergies and any asthma symptoms;

4. **Improve your eyesight** and the perception of colors offering you good protection against macular degeneration when aging;

5. **Support your healthy joints** and improve the absorption of calcium and joint mobility;

6. **Help heal any sprains and bruises faster** and shorten the recovery time of exhausted muscles;

7. **Soothe ulcers, irritable bowel disorders and improve your colon health,** lowering the risk of colon cancer;

8. **Improve your mood** significantly and help certain cases of depression;

9. **Improve skin and hair appearance, strengthen brittle nails and help with dry/flaky skin,** eczema, psoriasis, alopecia and dandruff;

10. **Improve women sexual life, reduce the pre-menstrual syndrome (PMS) and help cool down hot flashes** - an invaluable benefit if you're a menopausal woman;
11. **Boost brain performance**
12. **DNA repair**