

10 Reasons to Eat More Flaxseeds and Flaxseed Oil

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We all know that flaxseeds and flaxseed oil are superfoods that are great for us and that we should be making the effort to eat more of them. Any one who knows me knows how I love flaxseed and that I incorporate it into pretty much every meal. But, there are more research-based reasons than ever to start eating more flaxseeds this year. Here are 10 of the best ones:

Flaxseeds are Rich in Omega Fatty Acids: Flaxseeds and the oil pressed from them are among the richest sources of Omega 3 fatty acids, especially one called alpha-linolenic acid (ALA). These oils are essential to ensure many bodily functions and processes, including: brain health, joint health, immunity to illness and much more.

Flaxseeds are Highly Nutritious: The seeds (but not the oil) are an excellent source of other nutrients, including: fiber, magnesium and B-complex vitamins. These nutrients are essential to deal with stress, maintain healthy muscles and

bowel health and keep energy levels high.

Be healthy. Be loving.

Flaxseeds Fight Breast Cancer: A growing body of research shows that adding more flaxseed oil to your diet may help prevent or even treat cancer. In a study published in the medical journal *Frontiers in Nutrition*, researchers found that the combination of ALA and lignans, both of which have been identified as reducing excessively-high levels of the hormone estrogen, can help prevent and fight breast cancer.

Flaxseeds Fight Lung Cancer: The potent compounds in flaxseeds have also been found to fight lung cancer, according to research published in the journal *Cancer Prevention Research*.

Flaxseeds Help Fight Colon Cancer: Flaxseeds are a great source of fibre and research shows that a high fibre diet can significantly reduce a person's colon cancer risk. That's because, in the presence of fibre, cancer cell multiplication drastically drops while the formation of cancer-killing compounds significantly increases, making the colon less vulnerable to cancer.

Flaxseed Oil Restores a Healthy Cholesterol Balance: While it has become trendy among many bloggers and even some misinformed health professionals to tell people that cholesterol levels don't matter, the research clearly indicates otherwise. In one study, high cholesterol levels were linked to cancer and other research shows that cholesterol plays a causative role in Alzheimer's disease. Our bodies need some cholesterol to manufacture hormones but too much is a factor for serious disease. Fortunately, according to research published in *BMC's Nutrition Journal*, flaxseed oil has been found to restore healthy cholesterol levels.

Flaxseeds Reduce the Risk of Diabetes: Flaxseeds also help restore healthy blood sugar levels and have even been found in

research published in the *Journal of Medical Sciences* to reduce the risk of diabetes when they are consumed on a daily basis over the long-term.

Flaxseed Oil Helps Improve Eczema Symptoms: In a study published in the journal *Evidence-Based Complementary and Alternative Medicine*, researchers found that ingesting flaxseed oil on a daily, ongoing basis helped treat the symptoms of the skin condition known as atopic dermatitis, a type of eczema.

Flaxseeds are Naturally Anti-Inflammatory: Dozens of common health conditions ranging from arthritis to heart disease, cancer to brain disease, have all been linked to inflammation. Fortunately, according to research published in the journal *Nutrients*, flaxseeds are natural anti-inflammatories that help quell the precursor to many diseases.

Flaxseeds Reduce High Blood Pressure: When included as part of a healthy diet, flaxseeds have been found in a study published in journal *Clinical Nutrition* to reduce high blood pressure levels. Unlike drugs, foods like flax don't unnaturally drop blood pressure, they work to restore a healthy balance.

How to Use Flaxseeds and Flaxseed Oil

Because flaxseeds are sensitive to heat and light, both the seeds and the oil pressed from them are best left uncooked and stored in the refrigerator. You can add flaxseeds to cooked oatmeal, on top of breakfast cereals or add to your favourite smoothies. Flaxseed oil is delicious poured over baked, steamed or roasted vegetables and potatoes or added to smoothies.

Simply add a teaspoon or two at a time, a few times daily for best results.