

HEALTH BENEFITS OF ORGANIC HIGH LIGNAN FLAX SEED OIL (*Lignans are important plant chemicals/phytochemical*)

Cardiovascular system

Flax seed oil helps to prevent arteriosclerosis.

Flax seed oil makes blood platelets less sticky due to the conversion of flax seed oil's Alpha-Linolenic Acid to Eicosapentaenoic Acid (EPA) and Series 3 Prostaglandin's

Flax Seed Oil lowers elevated Blood pressure in hypertension suffers due to the presence of a substance very similar chemically to Prostaglandin E1.

Digestive System

Flax Seed Oil often improves the function of the liver.

Excretory system

Flax seed Oil is useful in the treatment of some cases of Edema.

Eyes and eyesight

Flax Seed Oil can improve eyesight and colour perception.

Hair

Flax seed oil may alleviate some cases of Alopecia Areata (physician's observation; patient with Alopecia Areata experienced hair regrowth after one year of daily use of Flax seed oil.)

1 tablespoon of Flax seed oil daily can vastly improve the condition of dull hair.

Flax seed oil is helpful in the treatment of Dandruff.

Immune System:

Flax Seed Oil is the only dietary oil allowed in the orthomolecular treatment of Acquired Immune Deficiency Syndrome (AIDS) patients.

Flax Seed Oil alleviates some allergies

Flax Seed Oil alleviates the side effects and inhibits the further development of many forms of cancer; Flax Seed Oil inhibits the further growth and metastasis of breast cancer (*scientific research -mice*).

Flax Seed Oil supplementation causes improvement in the condition of persons afflicted with Discoid Lupus Erythematosus (DLE) (physician's observation: after two weeks of daily Flax Seed Oil use patient's dry hands softened and after two months the patient's hands appeared normal with no cracking and hair growth was restored to normal.

Metabolism:

Flax Seed Oil (20 grams per day) lowers total serum Cholesterol levels by up to 9% (*scientific research-humans*).

Flax Seed Oil (20 grams per day) Lowers LDL Cholesterol levels by up to 18% (*scientific research-humans*).

Flax Seed Oil alleviates the symptoms of Diabetes Mellitus (by lowering the amount of Insulin required by persons afflicted with Diabetes Mellitus)

Flax Seed Oil increases the body's production of energy.

Flax Seed Oil facilitates weight loss in persons afflicted with Obesity.

Flax Seed Oil improves Stamina (by increasing the production of Energy)

Musculoskeletal System:

Flax Seed Oil shortens the time being necessary for fatigued muscles to recover after exertion.

Flax Seed Oil alleviates the symptoms of Rheumatoid Arthritis.

Flax Seed Oil accelerates the healing of sprains.

Nervous System

Flax Seed Oil effectively treats some cases of depression (*scientific research-humans*)

Flax Seed Oil improves the Mental Function of elderly people.

Flax Seed Oil is beneficial in the treatment of and often improves the symptoms of Multiple Sclerosis.

Flax Seed Oil improves the behaviour of Schizophrenics (*scientific research*)

Respiratory System

Flax Seed Oil alleviates some cases of Asthma.

Sexual System-Female

Flax Seed Oil alleviates some cases of Pré-Menstrual Syndrome (PMS)

Flax Seed Oil makes Pregnancy less eventfull, makes deliveries easier and produces healthier offspring.

Skin and Nails:

Flax Seed Oil accelerates the healing of bruises.

Flax Seed Oil is helpful in the treatment of eczema.

Flax Seed Oil increases the strength of the nails and strengthens Nails that break easily.

Flax Seed Oil is helpful in the treatment of Psoriasis.

Flax Seed Oil (1 tablespoon a day) alleviates most cases of dry skin.

Lignans are a highly studied and researched class of plant chemical (phytochemical) and a form of insoluble fiber that have recently come to the forefront of nutritional research. Compelling studies funded by *the National Cancer Institute*, have shown that lignans may possess impressive preventative properties. Research has established that the amount of lignans present in human blood samples is directly related to the amount of lignan rich producing foods consumed.