Flax Seed Oil

Nature’s Healthy “Good Fat”

In this era of fat phobia, it may be hard to believe there are good fats. These good fats are called essential fatty acids (EFAs) because they are essential for life. You must get them from your diet since your body cannot manufacture them. Lack of EFAs in your diet can progress from minor symptoms at first, such as dry skin, to chronic degenerative disease later on, such as heart disease and cancer. Taking grade 10 flax seed oil, abundantly rich in healthy EFAs, is an easy, delicious way to add healthy fats to your diet.

Approximately 80% of Americans lack sufficient amounts of EFAs in their daily diet. This presents a serious health threat. EFAs are needed to provide the body with energy (especially the heart), and serve as integral parts of nerve cells, cell membranes, and hormone-like substances called prostaglandins. To keep the body healthy, EFAs and prostaglandins have many widespread roles. They help to:

1) Produce steroids and hormones.
2) Direct hormones to their target cells.
3) Reduce pain, inflammation, and swelling.
4) Mediate the immune system.
5) Dilate or constrict blood vessels.
6) Regulate collateral circulation.
7) Regulate smooth muscle and autonomic reflexes.
8) Regulate the rate at which cells divide.
9) Regulate secretions, such as mucus, and their viscosity.
10) Regulate pressure in the eye, joints, and blood vessels.
11) Maintain the fluidity and rigidity of cell membranes.
12) Regulate the flow of substances in and out of cells.
13) Transport oxygen from red blood cells to the tissues.
14) Maintain proper kidney function and fluid balance.
15) Keep saturated fats moving in the blood stream.
16) Prevent blood cells from clumping together.
(Clumping can cause atherosclerotic plaque, a cause of stroke.)
17) Mediate the release of pro-inflammatory substances from cells which may trigger allergic reactions.
18) Regulate nerve transmission.

How EFAs (Essential Fatty Acids) Help The Body

Symptoms of EFA (Essential Fatty Acid) Deficiency

- Dry, lifeless hair
- Dry skin
- Dry mucus membranes
- Angina (chest pain)
- High cholesterol
- Frequent colds and flu
- Arthritis
- Immune system disorders
- Fatigue, poor energy
- Breast cancer
- Indigestion, gas, bloating
- Forgetfulness, memory
- Cardiovascular disease
- Lack of endurance
- Constipation
- Lack of motivation
- High blood pressure
- Depression
- Split nails
- Aching joints
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Nature’s Healthy Fat

Widespread EFA (Essential Fatty Acid) Deficiency
Why are 80% of Americans deficient in essential fatty acids (EFAs)? Studies show that most Americans obtain only 10% of what they need for optimal health. There are five main reasons which contribute to our widespread EFA deficiency:

1. Quality oils that are rich in EFAs, such as flax seed oil, are not readily available. Mass commercialization has given us highly refined oils, associated with increased incidence of cancer.

2. To prolong the shelf life of oils, the healthy oils, such as Omega 3 and Omega 6, have been degenerated into toxic compounds, such as hydrogenated or partially hydrogenated oils.

3. Hydrogenated and partially hydrogenated oils compete metabolically with good fats, the EFAs. Even if you eat “good oils,” this cannot overcome the damage from eating the “bad oils.”

4. Oils are frequently extracted using toxic solvents. After processing, residues of these undesirable solvents can remain in the oil which you can end up eating.

5. Oils are often packaged in toxic plastic bottles. Toxic plastic particles can migrate into the oil. Clear plastic is a poor barrier against light which is the primary cause of rancidity. Buy oils only in nontoxic, dark plastic (PET #1 or #2) or in glass; avoid clear or toxic plastic bottles (such as PET #3, #4, #6, or #7). These numbers are indicated in triangles on the bottom of each bottle.

The Excellence of Flax Seed Oil
Flax seed oil is nature’s most abundant source of EFAs. It is the richest known source of Omega 3 fatty acids. Over 60 medical conditions have been shown to react favorably to fatty acid supplementation, especially flax seed oil, a veritable storehouse of the sun’s power.

Omega 3 fatty acids have been studied extensively for their positive effects on high cholesterol levels, prevention of strokes and heart attacks, angina (chest pain), high blood pressure, arthritis, psoriasis and eczema, cancer prevention and treatment.

Flax seed oil has been found to lower high blood cholesterol and high triglyceride levels. It plays an important role in softening and balancing the cellular membranes and helps keep veins and arteries soft and pliable.

Studies show that low levels of alpha linolenic acid (Omega 3) is now considered a key risk indicator for developing heart disease. For example, one study showed that citizens of the Greek island, Crete, have a low incidence of heart disease as compared to Americans because their diet is high in alpha linolenic acid (Omega 3 acids).

Flax Seed Oil and Cancer
Dr. Johanna Budwig, a famous German doctor, treated thousands of seriously ill cancer patients with a diet high in flax seed oil combined with a fermented dairy protein (called quark), requesting the patients to spend several hours each day in natural sunlight (to activate the oil’s electron orbits to higher frequencies). Thus, the activated “free P electrons” in flax seeds and in high lignan oils delivered great healing capacity to cells, restoring normal metabolism. Within months, cancer tumors dramatically receded and symptoms of the cancer, liver dysfunction, anemia and diabetes were reversed.

Dr. Budwig discovered that a tumor is not excessive cell growth, but rather immature cell growth. She found that the red blood cells in cancer patients, unlike those of healthy people, do not contain a fat layer, but a fat layer was formed when the cancer patients were given flax seed oil. Electrically negatively charged unsaturated fats are an essential part of the cell’s outermost membrane. This is necessary for daughter cells to be formed.

Dr. Budwig discovered that a tumor is not excessive cell growth, but rather immature cell growth. She found the flax seed oil combined with the quark protein was essential to help the body re-establish the correct pattern of cellular respiration in order to produce normal cells. In contrast, Dr. Budwig found that hydrogenated fats such as margarine actually promote abnormal cellular respiration, leading to the development of abnormal cells, such as cancer and other degenerative diseases including arthritis, diabetes and heart disease.

Lignans: Protective Phytochemicals in Flax Seed
Lignans are a special class of phytochemical contained in flax seed. Research has shown that they exhibit anti-fungal, anti-bacterial, anti-viral and mild anti-estrogenic effects.

Recommended Use
Adults or children (age 2 and up): Take 1 to 3 teaspoons per day. It may be mixed in food or used as a salad dressing. Do not heat. Refrigerate after opening. For special programs, up to 2 tablespoons may be taken daily.

References