



- rheumatoid arthritis
- multiple sclerosis
- heart attack or angina
- high blood pressure
- inflammatory skin disorders
- even some strokes

***We may be able to achieve better health and increase the levels of essential fatty acids in our diet by:***

- reducing saturated fat and total fat in our diets - there is a lot of research linking a
- high saturated fat diet to numerous diseases such as cancers, heart disease, and strokes; it is recommended that we consume fewer than 30% of total calories as fat; the easiest way to achieve this is to eat less animal products and eat a more plant based diet - most plant foods, except for nuts and seeds which are high in polyunsaturated essential fatty acids (including Omega-3 fatty acids), are very low in fat
- reducing how much margarine and foods containing Trans-fatty acids or partially hydrogenated oils - during the process of making margarine, vegetable oils are hydrogenated, which means a hydrogen molecule is added and the vegetable oil is now more saturated; this process changes the structure of the natural fatty acid in the vegetable oil into many "unnatural" fatty acids that the body can not recognize; this interferes with the body's ability to use essential fatty acids - Trans-fatty acids have been implicated in many disorders ranging from: increased cholesterol levels and abnormal sperm production to increased prevalence of diabetes and immune suppression
- Take 2-3 Tablespoons of Milled Flaxseed daily -because Flaxseed is the richest source of Omega-3 fatty acids, it is linked to possibly reducing the risk of many diseases such as heart disease, some cancers, and even some strokes  
excerpted from: "Ask the Doctor", Naturopathic physician, Dr. Michael T. Murray, *Flaxseed Oil*

**Soluble Fiber:**

- helps slow down digestion, keeping blood sugars more stable
- may help to lower cholesterol levels, protecting us from the risk of heart disease
- acts as a barrier to the absorption of sugar by binding with it, also keeping blood sugars more stable

**Insoluble Fiber:**

- helpful in regulating bowels
- may prevent constipation by moving the stool quickly through the colon
- like soluble fiber, acts as a barrier to the absorption of sugar

**Lignans:**

- may be helpful in relieving hot flashes associated with menopause

- antibacterial, antifungal, and antiviral activity (Thompson LU, et al. Nutr Cancer, 1991 and Setchell KDR and Adlercreutz H. Academic Press, 1988)
- helping to regulate the immune system and prevent the formation of compounds that cause inflammation
- perhaps acting as cancer blockers, especially with hormone-based cancers such as breast, prostate, and endometrium

#### **BUYING AND STORING FLAX:**

- WHOLE FLAXSEED - found at most health food stores, natural food stores, as well as some of your favorite larger supermarkets; can be stored at room temperature for up to one year
- MILLED FLAXSEED - found also at the above stores and tends to be more expensive than the whole flaxseed; for optimum freshness, mill whole flaxseed in a coffee bean grinder, food processor, or blender as you need it; store milled flaxseed in an opaque container in the refrigerator/freezer for up to 30 days

#### **HOW TO INCORPORATE FLAX INTO YOUR DIET:**

##### BAKED GOODS:

- can be used in everything from yeast or quick breads and muffins to cookies and bagels
- at home and even commercial bakers are now including flaxseed as a healthy alternative in their baking
- it adds a pleasant, nutty flavor, wonderful texture, and a lot of nutrition to your favorite recipes
- a scoopful of the *whole flaxseed* can be added to bread doughs, or cookie, muffin, and cookie mixes; or it can be sprinkled on top of these before baking to add extra crunch, taste, and eye appeal
- *milled flaxseed* to a granular, free-flowing meal can also be added to the dough of your favorite baked goods; it enhances flavor, appearance, and nutritional value of the finished product

##### AS A TOPPING ON:

- cereals
- yogurt
- salads
- toast
- ice-cream or better for you, frozen yogurt
- low fat pudding
- oatmeal/hot cereal
- fresh sliced fruit
- canned, drained fruit (not in syrup)
- stir-fries
- brown rice
- mashed sweet potatoes

- steamed vegetables
- cous cous/any favorite cooked grain
- soups

### ***SOME OTHER FLAX TIPS:***

#### FLAXSEED IN RECIPES

- can be used as a substitute for some or all of the oil/shortening/butter called for in the recipe
- a 3:1 ratio is recommended by cooks - 3 Tablespoons of milled flaxseed can replace 1 Tablespoon of the oil/shortening/butter
- keep in mind: when flaxseed is substituted, baked goods brown more rapidly

#### VEGETARIAN BAKING

- flaxseed mixed with water can replace eggs in certain recipes like pancakes, muffins, & cookies
- mix 1 Tablespoon of milled flaxseed and 3 Tablespoons of water in a small bowl and let sit for one - two minutes; add to recipe as you would an egg
- this substitution makes the baked good somewhat gummier or chewier and the volume is decreased
- when using this replacement...test the recipe first to see if it meets your standards in taste, texture, and appearance

#### FOR MORE INFORMATION ON FLAX

- contact by **mail**: Flax Council of Canada, 465-167 Lombard Avenue, Winnipeg, Manitoba, Canada R3B 0T6
- **phone** the Council at: (204) 942-2115
- **fax** the Council at: (204)942-1841
- **e-mail** the Council at: [flax@flaxcouncil.ca](mailto:flax@flaxcouncil.ca)
- their **website**: <http://www.flaxcouncil.ca>
- to buy a 1 pound sample of flaxseed and have it shipped directly to anywhere in US call: 1-877-BUY-FLAX or send a check or money order for \$6.00 payable to 877- BUY-FLAX and send to: 877-BUY-FLAX, P.O. Box 281525, San Francisco, CA 94128-1525 (the \$6.00 includes shipping and handling)

