

Flaxseed

- Eat 2 tablespoons of ground flaxseeds per day.
- If you have a hormonal imbalance or are going through menopause, you can try taking 4 tablespoons of ground flaxseeds per day.
- Flaxseeds oxidize very quickly when exposed to light, oxygen, and heat. So if you want to benefit from their health effects, you should always eat them freshly ground.
- If you grind more than you can eat at once, store the rest in the freezer.





Health Benefits:

- **High in fiber** – Supports digestion and bowel regularity.
- **Improves gut health** – Nourishes healthy gut bacteria.
- **Rich in omega-3 (ALA)** – Anti-inflammatory and heart-protective.
- **Lowers cholesterol** – Helps reduce LDL (bad) cholesterol.
- **Reduces blood pressure** – Supports healthy heart function.
- **Stabilizes blood sugar** – Beneficial for insulin sensitivity.
- **Aids in weight management** – Promotes fullness and reduces cravings.
- **Balances hormones** – Lignans support estrogen balance.
- **Fights inflammation** – Helps reduce chronic inflammation.

For more information go to our website:



Informational only.
Always consult a medical professional.

