

## Why Everyone could Use a bit More Flax in their Diet

By Derek Henry, *Natural News*



Flax is a humble but powerful seed as shown through its relatively modest status in the health world, even though it has been heralded as a key component in the Budwig Diet and many other life-saving protocols. It's a tough job to stand up to the new kids on the block like hemp seed, but flax holds its own and can stand up to any of its competitors for practicality and health benefits.

Take heed of this pioneer and what it can do for you and your health.

### **The nutritional profile of flax**

Flax is a bounty of nutrition and the key to unlocking its benefits is to consume it in ground or oil format, or to steep it in hot water as a tea. Regardless of which way you choose to use it (there are some ideas below), when you consume flax, you can expect to flood your body with the following nutrients:

- Essential Fatty Acids (EFAs), most notably omega 3s (ALA)
- Protein (18 percent of total volume)
- B-vitamins (B1, B2, B3, B5, B6, B9)
- Vitamin E
- Manganese, magnesium, phosphorus, copper, iron, calcium, potassium, zinc, and selenium
- Dietary fiber
- Plant lignans (antioxidants)

So what does the combination of these amazing nutrients do for you? Turns out, it does a lot.

## The health benefits of flax

Flax has a multitude of health benefits. Some of the most significant improvements you may notice include:

- Supports good digestive and colon health (including healthy elimination)
- Supports healthy cholesterol levels
- Promotes healthy skin and hair
- Supports weight management
- Supports healthy immune system function

Bottom line, using flax on a daily basis beautifies you, inside and out.



## How to use flax on a daily basis

As mentioned earlier, using flax properly is the key to unlocking its potent health benefits. This means you need to use it in ground or oil format, or as a tea. Here are some ideas to get you started:

- Sprinkle ground flax on hot or cold cereals
- Put a dash on some warm berries with some cinnamon
- Mix it into various sauces
- Enjoy a dash in your yogurt
- Add ground flax to your morning smoothie
- Use flax oil for your salad dressings
- Steep a tablespoon of whole flax seeds in 10 ounces of hot water for 8 hours, then drink off the fluid and leave the seeds behind (this is a simple, yet amazing way to enjoy its benefits)

You can also enjoy flax as a non-dairy alternative to milk, to put in your smoothies, cereals, berry bowls, and more. Use the Health Ranger's FlaxJoy Organic Instant Flax Milk Powder to easily make this remarkable superfood part of your daily routine.

However you decide to use flax, know that the benefits will help increase your quality of life, and may even create a little miracle for your health. Start slow if you are new to it, to avoid any unappreciated bowel challenges that may occur while your digestive system transitions to a healthier state.

Enjoy your new healthy habit. It will serve you tremendously well!