

Fabulous Flax Seed

USDA flax seed is 3X cleaned and 99.9% PURE

Omega 3 And Depression

There has been much debate in recent years about how to best treat depression. Many people who suffer from anxiety and depression are weary of taking traditional medications that often come with a long list of potentially serious side effects. Some of the not-so-serious side effects associated with anti-depression medications include restlessness, increased anxiety, lowered libido, trouble concentrating, drowsiness, and dry mouth. It is easy to see why anyone would want to investigate other natural options before hopping on this bandwagon.

At Fabulousflaxseed.com we are excited about the recent findings that show how Omega-3 fatty acids can provide the brain with the nutrients it needs to fight depression, increase cognitive ability, and function at its best. Why are we excited? Simply because our premium golden flax seeds are super rich in Omega-3 fatty acids, which means our products may not only help fight off cancer and cardiovascular disease, but may help people fight the symptoms associated with clinical depression!

Brain cells are covered by myelin sheaths, which contain essential fatty acids that are necessary for the brain to transmit and receive messages from other parts of the body. These myelin sheaths keep the brain functioning at a top level. Studies have shown that people who suffer from depression, Attention Deficit Disorder, and dementia have deficiencies in these essential fatty acids. Therefore, it makes sense to supplement your diet with natural products that are high in essential fatty acids, such as flax seeds.

Beat Depression with Omega-3 Rich Flax Seeds

It is obvious why flax seeds are often referred to as "brain food." The high content of Omega-3 fatty acids in flax seeds can provide our brains with the fuel it needs to function well and possibly even resist the symptoms of depression, anxiety, dementia, and behavioral disorders. If you would like to feed your brain the best, we invite you to purchase our premium golden flax seeds for the ultimate in nourishment. Please direct any inquiries to sales@Fabulousflaxseed.com, or call us toll free at 1-866-613-3529. You can also directly through our website for fast delivery.