

# *Fabulous Flax Seed*

*USDA flax seed is 3X cleaned and 99.9% PURE*

## **Flax Oil And Cancer**

Much attention has been given to flax seed oil and its relationship to cancer prevention. What researchers have discovered through intense studies is that the high concentration of fiber and lignans in flax seeds may have a preventative effect against certain cancers. As we all know, a diet that is high in fiber aids in regularity by preventing constipation and digestive upset. However, the benefits of fiber far exceed the prevention of constipation. Flax seeds can keep the digestive tract active and moving, which means that toxins do not sit in the lower intestine longer than they should. Scientists believe that incorporating flax seeds and flax seed oil into the diet may minimize a person's risk of developing colon cancer.

The lignans found in flax seeds are also referred to as phytoestrogens. These lignans bind to estrogen receptors in the body and therefore may help reduce hormonally induced cancers such as breast, ovarian, prostate, and uterine cancer. The American Institute for Cancer Research has stated that flax seeds contain "75-800 times more lignans than that of 66 other plants." Clearly, you can see that flax seed and flax seed oil may play a critical role in our ability to fight off certain cancers and boost immunity.

Furthermore, flax seeds contain high concentrations of Omega 3 oil, which is vital in protecting the body against high cholesterol, high blood pressure, and cardiovascular disease. This essential fatty acid is also found in fatty fish, such as salmon. However, the majority of us do not consume the recommended three servings of fatty fish per week, which is where flax seeds step into the picture. At [Fabulousflaxseed.com](http://Fabulousflaxseed.com), we are confident that you will find our premium seeds to be rich tasting and flavorful. If you take your health seriously, and we are betting you do, flax seeds may be able to help you ward off cancer and live life to the fullest.

## **Take Your Flax Seeds for Cancer Prevention**

Many of the cancers that are the most deadly are also the direct result of a poor diet. Colon cancer and breast cancer are two such cancers that can be deadly if not detected early. Scientific research has shown that incorporating flax seeds and flax seed oil may help the body escape the development of these cancers. Doesn't it just make sense to prevent cancer now instead of trying to treat it later? We think so. Please feel free to contact us with any questions about our high quality flax seed products at [sales@fabulousflaxseed.com](mailto:sales@fabulousflaxseed.com). As always, we look forward to hearing from you and helping you in any way possible.