

Fabulous Flax Seed

USDA flax seed is 3X cleaned and 99.9% PURE

Flax Oil And Cholesterol

If you are interested in lowering your cholesterol by consuming flax seeds, you are certainly on the path to better health. However, you may feel somewhat confused about whether you should consume flax seeds or the oil derived from flax seeds, how much is enough, and where you can get premium flax seeds and flax oil. We at Fabulousflaxseed.com would like to be of some assistance to you in answering any questions you may have about the issue of flax seeds and cholesterol.

Our customers are getting only the very best in terms of a quality product. Our golden flax seed is cleaned not just once or twice but three times to assure you of getting a superior product. We also are careful not to have the flax seed touched by human hands; it goes from the extensive cleaning process directly into the sealed container to ensure you of a fresh, clean, sanitary, premium flax seed. Included with every purchase is a free scoop so that you can measure out the correct amount with each use. Furthermore, at Fabulousflaxseed.com, we believe information empowers the consumer to make informed decisions regarding his or her health. To that end, we include an informational brochure with the facts about flax seeds and how to add them to your daily diet.

Flax seeds contain a host of beneficial nutrients that may help you lower your blood cholesterol to healthier levels. The high fiber, Omega 3, and lignans in flax seeds are natural defense mechanisms against high cholesterol and cardiovascular disease. Thus, taking just a quarter cup of ground flax seeds each day may help you decrease the levels of harmful LDL cholesterol, while maintaining or increasing the levels of HDL cholesterol in the blood. HDL cholesterol is known as the "good cholesterol" because its high-density structure does not block arteries that can lead to a stroke or heart attack. In addition, HDL cholesterol can actually help clear the blood of other artery-clogging materials.

Eat Your Flax Seeds for Lower Cholesterol

Since LDL cholesterol, known as the "bad cholesterol" can lead to a host of cardiovascular problems, it is imperative to keep the levels of LDL low in the body. Flax seeds have helped many to do just that, quickly, easily, and inexpensively. Our premium seeds have a wonderful nutty flavor, and they can be added to just about anything you eat. Keep in mind that consuming our flax seeds in their original form is the best way to reap all of the benefits of their nutrients, as cooking can alter their nutritional content. If you are looking for a completely natural way to lower your total cholesterol, we invite you to try our delicious and nutritious flax seeds for optimal health.