

# *Fabulous Flax Seed*

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

## **Flax Seed And Constipation**

One thing is certain; if you suffer from constipation and all the side effects that go with it, incorporating flax seeds into your diet can provide some much needed relief. Flax seeds, when eaten in their raw form, have a whopping 11 grams of fiber per serving. This is great news for your digestive tract if you constantly suffer from the bloating, cramping, and frustration that are related to chronic constipation. Taking just a quarter cup of ground flax seeds daily can keep you regular, without having to take any harsh chemical laxatives.

At Fabulousflaxseed.com, we stand firmly behind our premium flax seeds and the health benefits that they provide. The perfect combination of Omega 3 fatty acids and fiber can also help soften the stool and encourage regular bowel movements without pain. Furthermore, since flax seeds stimulate digestive movement, the risks of developing colon cancer decrease. When toxic waste sits in the lower intestines too long due to constipation, the risks of developing colon cancer are increased. This is just another great example of how flax seeds may help ward off illness and disease when taken regularly.

Our premium quality golden flax seed continues to grab the attention of consumers from all over the globe. In fact, we ship out our flax seed products to Puerto Rico, the Bahamas, and even Japan. Daily we receive email testimonials from people domestically and abroad who are ecstatic about the positive changes they feel thanks to our golden flax seeds. The majority of our customers come back again and again, and we have found that word-of-mouth advertising has helped us grow considerably in the last few years. We are confident that you will find our top-notch flax seeds to be extremely beneficial to your health as well as competitively priced.

## **Put the Kibosh on Constipation with Golden Flax Seeds**

If you suffer from chronic constipation or irritable bowel syndrome, you do have options that will help put an end to your suffering. Golden flax seeds are the perfect solution to this common health problem, and they taste rich and nutty when sprinkled over food or mixed with a beverage. If you are looking for a completely natural solution to constipation problems, we believe our flax seeds can help you win the battle over this frustrating digestive problem. Please feel free to contact us with your concerns or questions at [sales@Fabulousflaxseed.com](mailto:sales@Fabulousflaxseed.com).