

# *Fabulous Flax Seed*

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

## **Flax Seed And Diabetes**

Although diabetes can oftentimes be attributed to heredity, in many cases its development is the direct result of obesity. What many people do not realize is that diet and exercise can be even stronger determining factors in developing diabetes than heredity alone. If you live a sedentary life and you consume more calories than you burn, you are putting yourself at risk of becoming obese and developing diabetes. What research has uncovered is that the Omega 3 fatty acids and fiber in flax seeds are often able to help maintain glucose levels in the blood, as well as lose weight when combined with exercise and a healthy diet. If you have not been diagnosed with diabetes but believe you are at risk due to weight issues, incorporating flax seeds into your daily diet may help you escape this serious health problem. It is important to realize that for every pound of excess weight that you are carrying on your frame, you are at a four percent higher risk for developing diabetes. Therefore, if you are 20 pounds overweight, your risk of succumbing to diabetes jumps 80 percent! Clearly, you can see for yourself how important it is to maintain a healthy weight through diet and exercise.

As Americans, we cannot argue the facts concerning the growing problem of obesity in our country. Diabetes has increased 76 percent in people in their thirties, which demonstrates that diabetes can affect people of all ages, not just senior citizens. Our children are also developing diabetes at an alarming rate, and weight issues are often to blame for this epidemic. Flax seeds are packed with vital nutrients, including Omega 3 fatty acids, fiber, protein, and a host of vitamins and minerals. Taking just a quarter cup ground a day can aid in maintaining blood sugar levels, boosting metabolism, and controlling the appetite.

## **Prevent or Manage Diabetes with Premium Flax Seeds**

At Fabulousflaxseed.com, we believe that we all have control over the state of our health. If you want to keep diabetes at bay, our golden flax seeds may help you maintain a healthy weight. Plus, flax seeds are delicious with their rich, nutty flavor. You can mix some in water or sprinkle them over your morning cereal if you prefer. The point is, you can take control of your health by exercising regularly, drinking plenty of water, and eating a balanced diet that includes the power of golden flax seeds. Please feel free to contact us with your concerns or questions at [sales@Fabulousflaxseed.com](mailto:sales@Fabulousflaxseed.com).