

# *Fabulous Flax Seed*

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

## **Flax Seed And Menopause**

Any woman who has ever suffered in silence with mood swings, depression, hot flashes, night sweats, joint pain, or any combination of these symptoms understands just how challenging it can be to deal with menopause gracefully. Unfortunately, many women muscle through menopause without help simply because they do not know where to turn. Hormone replacement therapy is no longer the first method of choice to treat menopausal symptoms, as the risks for developing cardiovascular disease and certain cancers are too high for many women to chance.

What is the solution then to this age-old problem? Well, at [Fabulousflaxseed.com](http://Fabulousflaxseed.com), we are thrilled to be able to share our news with the world. Studies have shown that there is a distinct connection between flax seeds and menopause, with many women deriving relief from their symptoms when they consume these seeds on a regular basis. Phytoestrogens, which are natural plant estrogens found in flax seeds, are believed to help balance a woman's hormone level during this dramatic time of biological change.

As more research is conducted on the influence diet has on the body during menopause, it is becoming increasingly clear that flax seeds are the ultimate health food. Not only can many women catch a break from their menopausal symptoms when they include a quarter cup of ground flax seeds in their daily diet, but they may also be able to lower their risks of developing certain cancers, cardiovascular disease, and hypertension. Cholesterol levels may also drop and aches and pains may subside or cease altogether. Flax seeds are considered brain food as well, because they have the ability to ease anxiety and depression while boosting memory.

## **Dealing with Menopause with Flax Seeds**

Whether you are a woman going through menopause or you are living with a woman going through menopause, the chances are high that you have wished for some relief. We are excited that our premium golden flax seeds may be just the solution you have been searching for to relieve uncomfortable menopausal symptoms. If you're ready for natural relief, you can place an order online today through our secure site.