

# *Fabulous Flax Seed*

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

## **Flax Seed And Weight Loss**

At Fabulousflaxseed.com, we are not only excited to share our high quality flax seed products with you, but we are eager to share our knowledge of this incredible food. Many people are familiar with flax oil but may not realize the infinite benefits associated with the actual flax seeds. The flax seed contains Omega 3, which is an essential fatty acid that aids in numerous bodily functions, including stabilizing blood sugar, lowering blood cholesterol, boosting immunity, and feeding the brain everything it needs to function properly. Furthermore, flax seed and weight loss have been connected because the high fiber content is filling, thereby minimizing one's appetite. The Omega 3 oil in flax seed helps boost metabolism and the high protein also helps for energy.

Doctors, researchers, and nutritionists have described flax seed as the "perfect whole food." Why? This is simply because flax seeds are able to provide the body with exactly what it needs to stave off disease and maintain optimal health. In fact, when you take just a quarter cup of ground flax seeds per day, you may be able to help your body manage blood sugar levels, fight aches and pains, ward off colds and viruses, and improve cardiovascular health. Teens and young women who experience PMS can manage symptoms by incorporating flax seeds into their daily diet. Older people who suffer from arthritic pain may notice a distinct reduction in the severity of aches and pains after regular flax seed use.

## **The Important Flax Seed and Weight Loss Connection**

If you are trying to lose weight, you will likely find that including a quarter cup of ground flax seeds into your daily diet will help facilitate weight loss. Flax seed has a whopping 11 grams of fiber per ground quarter cup serving, as well as 10 grams of protein and the ultra-potent Omega 3 oil. If you are looking for a natural way to increase your energy, boost your metabolism, and drop some unwanted pounds, flax seeds can be a means to that end. Their delicious nutty flavor tastes great sprinkled on yogurt or over fruit, or they can be wonderful mixed with water, juice, or a smoothie. Losing weight can be a bit easier when you consume flax seeds.

At Fabulousflaxseed.com, we always encourage people to obtain the medical advice of a doctor before beginning any new diet and exercise regime. However, we firmly believe that you will find our golden flax seeds to be an essential element in your weight loss plan. Remember, our golden flax seeds are triple cleaned and never touched by human hands before being sealed for shipping. Our flax seeds taste great with their crunchy/chewy texture, and they can help fill you up before meals so you don't indulge in empty calories later. We are confident that you can look and feel better with our super premium golden flax seeds. If you would like any additional information about flax seeds and weight loss, please direct all inquiries to [sales@Fabulousflaxseed.com](mailto:sales@Fabulousflaxseed.com).