

# Fabulous Flax Seed

USDA flax seed is 3X cleaned and 99.9% PURE

## **Omega 3 And Anxiety**

Omega-3 fatty acids have been linked with helping treat the symptoms associated with anxiety. If you have ever suffered from anxiety, you know just how debilitating it can be. Without warning, you can be overcome with fear, panic, sweating, a rapid heartbeat, and feelings of suffocation. Anyone who has ever suffered even one episode of an anxiety attack knows just how scary it feels and how embarrassing it can be when it happens in public.

Omega-3 fatty acids have been frequently referred to as the "perfect brain food." Why? Because Omega-3 fatty acids keep the neural networks inside the brain functioning at high levels. People who tend to suffer from anxiety, depression, Attention Deficit Disorder, and dementia are often lacking in essential fatty acids, more specifically Omega-3. The myelin sheaths that surround the brain cells are mostly made up of fatty acids, which are responsible for transmitting and receiving information from other parts of the body to the brain.

Any deficiencies within the brain can lead to symptoms of anxiety and depression that must be treated with some sort of supplement. At Fabulousflaxseed.com, we believe the best way to obtain the levels of Omega-3 fatty acids that you need is through our premium golden flax seeds. In fact, just a quarter cup of our ground flax seeds contains more Omega-3 fatty acid than one pound of fish! Furthermore, our flax seeds have a delicious nutty taste and crunchy/chewy texture that are fantastic over cereal, yogurt, or mixed in with juice or water.

## **Control Anxiety with Omega-3**

Omega-3 is the ideal food to nourish the brain and control feelings of anxiety. If you have suffered in the past from anxiety and banished the idea of ever feeling normal again, we think you may find our flax seeds to be the perfect solution to this problem. You can order online today, or if you wish further information, please send us an email at [sales@Fabulousflaxseed.com](mailto:sales@Fabulousflaxseed.com), or call us toll free at 1-866-613-3529.