

Fabulous Flax Seed

USDA flax seed is 3X cleaned and 99.9% PURE

The Maker's Diet

The basis of The Maker's Diet™ is that all foods should be eaten in the form that is compatible for the human body--meaning that food should be in the form that God created it. To put it simply, The Maker's Diet™ is all about eating whole foods in their raw form, with the least processing possible. It is touted as being the diet that allows people to lose 30 pounds in 40 days. In addition, The Maker's Diet™ is about a way of living that should be followed every day, not just for a set amount of time.

Whether you are a meat eater or a vegan, you can follow The Maker's Diet™ for good health. Foods should be consumed in their raw form, ensuring that your body extracts the most nutritional value from them. Cooking tends to rob food of its vital nutrients, which is why there are guidelines to follow regarding preparing foods for consumption.

At Fabulousflaxseed.com, we believe that our premium golden flax seeds fit in well with The Maker's Diet™ plan, as our seeds are highly nutritious when consumed in their raw form. We suggest buying seeds whole and then grinding them yourself before consumption, as this will preserve their freshness longer and allow you to reap the most nutritional benefits. Our flax seeds are rich in Omega-3 fatty acids, fiber, protein, and a host of other essential vitamins and minerals that can feed your brain, help you control weight, and even stave off illness and disease.

The Maker's Diet and Flax Seeds

It goes without saying that flax seeds are one of the most perfect whole foods found in nature. If you value your health and want to live life to the fullest, we encourage you to try our delicious golden flax seeds. They can be sprinkled over cereal, yogurt, cottage cheese, or mixed in with juice, water, or a refreshing smoothie. We guarantee that you will feel the results! Feel free to contact us at 1-866-613-3529, or via email at sales@Fabulousflaxseed.com if you have any questions.