



## The Value of Fresh Flax

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## Disease Prevention: Flax Seed Endorsed By The FDA



Flax oil is one of the richest sources of valuable omega-fatty acids. At 50-60% omega-3's, flax oil contains almost twice as much of these essential nutrients as do fish oils. Because they are commonly lacking in our foods, fresh flax oil improves health by providing our bodies with adequate amounts of the essential omega-3s.

Omega-3 deficiencies contribute to many conditions and, indeed may be the ultimate cause of many wide-spread diseases.

### What Can Flax Oil Do?

Research and clinical experience show that omega-3s have beneficial effects in:

**Heart Disease.** Omega-3's lower high blood cholesterol and triglyceride levels by as much as 25% and 65%, respectively. Dr. Max Gerson uses fresh flax oil for its cholesterol-lowering effect in his New York clinic. Omega-3's decrease the probability of a blood clot blocking an artery in the brain (stroke), heart (heart attack), lungs (pulmonary, embolism), or other organ (peripheral vascular disease). Omega-3's also lower high blood pressure.

**Cancers.** Omega-3's dissolve tumors. Dr. Johanna Budwig in Germany has documented over 1,000 cases of successful cancer treatment using fresh flax oil, along with additional nutritional support. She has used the oil successfully in cancer therapy for over 30 years. Dr. Gerson also uses fresh flax oil for this purpose in his clinic. More recent research shows that omega-3's kill human cancer cells in tissue culture without harming the normal cells present. Breast, lung, and prostate cancer cell lines were studied. Additional studies show that omega-3's inhibit tumor formation (fewer tumors, smaller tumors, less metastasis, longer survival time).

**Diabetes.** One form of the disease originates from a deficiency of omega-3's and an excess of hard fats, aggravated by a concurrent lack of vitamins and minerals in the diet. Omega-3's lower the insulin requirements of diabetics. Close monitoring of insulin levels is required during flax treatment.

**Arthritis** Omega-3's have been found to be effective in the treatment and prevention of arthritis. Both fish oils and flax

oil have been used effectively. More recently, research using combinations of omega-3 and 6 fatty acids showed that 60% of rheumatoid arthritics were able to completely discontinue their non-steroidal anti-inflammatory drugs (NSAIDs), and another 20% were able to reduce their dosage of NSAIDs by half.

**Asthma** Flax oil may noticeably relieve asthma within a few days of beginning use.

**Premenstrual Syndrome.** Many cases of PMS are completely relieved within one month of beginning use of fresh flax oil. Vitamins and minerals also contribute.

**Allergies.** Omega-3's help to decrease allergic response. Since the body must be re-built, more time is needed before allergies are alleviated. Total nutritional support is required.

**Inflammatory Tissue Conditions.** Included here are diseases that end in -itis, which include meningitis, bursitis, tendonitis, tonsillitis, gastritis, ileitis, colitis, phlebitis, prostatitis, nephritis, splenitis, hepatitis, pancreatitis, otitis, etc., as well as psoriasis and lupus. These inflammatory conditions may be eased by use of omega-3's.

**Water Retention.** Flax oil helps the kidneys excrete sodium and water. Water retention (edema) accompanies swollen ankles, some forms of overweight, PMS, and late stages of cancer and cardiovascular disease.

**Skin Conditions.** Flax oil is famous for its ability to make skin smooth, soft and velvety. It also alleviates those skin conditions which originate from lack of omega-3's in the diet, which include some forms of eczema and psoriasis.

**Vitality.** One of the most noticeable signs of improved health from the use of flax oil is increased vitality, more energy. Athletes notice that their fatigued muscles recover from exercise more quickly, and omega-3's increase stamina.

**Calmness Under Stress.** Many people find this to be the most profound effect of using fresh flax oil. Under stress, Omega-3 fatty acids appear to slow down our bodies'



production of toxic biochemicals.

**Other Conditions.** Omega-3's are necessary for visual function (retina), adrenal function (stress), and sperm formation. Flax oil can be helpful in multiple sclerosis (when essential fatty acid consumption is high, MS is rare), cystic fibrosis (omega 3- containing oils help loosen viscous secretions and relieve breathing difficulties), some cases of sterility and miscarriage, some glandular malfunctions, some behavioral problems (schizophrenia, depression, bipolar disorder), addictions (to drugs or alcohol), and deviant behaviors.

Omega-3's are recommended for everybody because these essential nutrients are commonly lacking in North American diets. In order for the omega-3 fatty acids in flax oil to unfold their vital functions, other essential nutrients (proteins, vitamins and minerals) must also be present in the diet in adequate amounts.

### How Is Flax Oil Made?

Light, oxygen (air) and high temperature destroy omega-3s very rapidly. The oil must be pressed at low temperatures, in the absence of light and oxygen. Flax oil must be completely protected from light and air between the time it is locked in the seed and the time that is protected in opaque containers. Only oil made with this required care is worth using to enhance health. Once opened, flax oil should be consumed within 3 to 6 weeks.

### How To Use Flax Oil?

Flax oil can be substituted for other, less nutritionally valuable oils in salad dressing, mayonnaise, shakes, etc. It can be mixed with olive oil or butter to enhance their nutritional value. It can be mixed with skim milk protein (baking cheese, cottage cheese, low fat yogurt, kefir), then sweetened with fruit, maple syrup or honey to provide a delicious, nutritious breakfast.

### FLAX (*linum usitatissimum*)

#### TOTAL HEALTH - OCTOBER 1993

Flax (*Linum usitatissimum*) is generally known as linseed or lint bells and we can trace its use way back to the Mesolithic period. Flax was originally used for garment making and for its oil in prehistoric days. you could even find it growing in the shadow of the pyramids about fourteenth century B.C.

Flax has been used down through the centuries for intestinal disorders and ground flaxseed was made into poultices for external use. This plant will grow up to around 30 inches; the (eaves are narrow and pointed and a light blue flower grows at the end of those branches. From the flowers the seedpod develops. Flax can be grown in your own garden as an ornamental plant. Flax will likely be found in many new foods in the near future.

The modern uses of flax far exceed those in the past along with the encouraging studies being conducted by the scientific community. Flax, an ancient but little known seed, has recently gained worldwide recognition for its many nutritional attributes. Seven years ago, researchers from The University of Toronto began to study the potential benefits of flax. Their

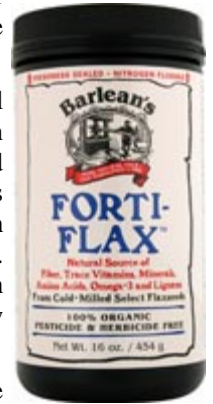
results showed that flax seed could lower serum cholesterol and also prevent the growth of new cancer cells.

This discovery caused the National Cancer Institute to become interested in studying flax in 1989. The NCI issued grants to several research institutes including the Clinical Research Branch of the Food and Drug Administration. The results of those studies were then reported at the conference in New Orleans last month,

The prediction is: flax will likely be found in many new foods in the near future. This ancient grain is the most exciting "discovery" in this century, according to FDA researchers who reported the results of their testing at the annual convention on Experimental Biology recently held in New Orleans, Louisiana. These results indicate that flax may be highly beneficial in disease prevention and could ultimately help to reduce skyrocketing medical costs.

The FDA and several research institutions presented nine papers at the meeting. Researchers studied the possible effects of flax seed on various metabolic systems. Their findings reveal:

- levels of 1.25 and 2.5% flax in the diet stimulated the immune system
- flax increased vitamin D levels and increased the retention of calcium, magnesium, and phosphate
- ground flax seed had no negative effects on the liver or intestinal tract and did not lower blood vitamin E levels
- flax is very high in lignans which have anti-tumor properties and may be linked to a low incidence of breast and colon cancer flax contains a high level of antioxidant of 800 PPM
- 10% level of flax in the diet of rats could mimic the results of Tamoxifen (the mammary cancer drug) but with no side effects
- adding 8% flax to the diet could only help diabetic conditions caused by a high fat diet
- moderately high levels of flax, compared to the same level of oat bran, was better in lowering triglycerides, total cholesterol and LDL and favorable effects on insulin activity flax is a stable product and stores well



FDA researchers contributed to the studies, as well as researchers from the University of Toronto, Canada; Kenneth L. Jordan Research Group, Montclair, New Jersey; South Dakota State University, Brookings, South Dakota; and the Midwest Research Institute, Kansas City, Missouri. Flax seed and flax oil are to be found in nutrition centers and health food stores.