

FLAX SEEDS

Humans have long grown flax and used it to make linen fabric, but its usefulness is just as applicable to the inside of the body as it is to the outside. Flax seeds' beneficial properties fall into three major categories:

- Flax seeds are a rich source of omega-3 fats, in the form of the anti-inflammatory alpha-linolenic acid.
- **Lignans, as discussed in the black sesame seed entry, are insoluble fibers and polyphenols that your body converts into weak forms of phytoestrogens.** Flax seeds provide substantially more lignans than black sesame seeds—approximately 10 times the amount.
- Flax seeds are an excellent source of fiber, both soluble and insoluble.

How to eat flax seeds: Whole flax seeds can be freshly ground (in an inexpensive coffee or spice grinder) just prior to eating. **Even better would to soak them overnight and add them to the blender when you make your smoothie.** You can use about a tablespoon in your smoothie, or sprinkle freshly ground flax meal into smoothies, vegetable juices, or soup; add them to eggs or guacamole (their subtle, nutty flavor won't overpower); **and use them in place of bread crumbs in meatballs or crab cakes.**

An important caution here is to avoid using pre-ground flax seeds or even worse, flax seed oil (which is advocated on the Budwig Cancer Protocol). Please understand that **nearly all flax seed oil is seriously oxidized and should be discarded. It is easily replaced with the equivalent amount of soaked flax seeds.**

Remember: one of the most important principles of MMT is to use the highest-quality and freshest ingredients possible, which will maximize the health benefits of using this approach.

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