

# Flax Seeds Health Benefits

Adding flax seeds to your diet comes with many health benefits. They are very healthy for the body. It can assist in decreasing your risk of developing cancer, arthritis, and heart disease. It can also serve as a natural laxative. It will be a great idea to add flax seeds to your diet.



There are different ways you can consume flax seeds. You can consume them from flax seed oil, raw flax seeds, flax seed supplements, and consuming foods that contain flax seeds. The best way to consume flax seeds is to eat them raw. Raw flax seeds have the best nutrients because they have not been processed. A lot of people grind flax seeds up and add it to their dishes such as salad, oatmeal, cereal, salad, desserts, and etc. Many people state that flax seeds add a nutty flavor to dishes such as pancakes and cookies. Remember that the minute you start cooking flax seeds some of the nutritional value along with essential omega 3 fatty acids will be lost. When making muesli, flax seed is a good choice over oils you normally use for muesli. You can utilize flax seed in many recipes or eat a tablespoon of flax seeds a day.



Many people eat liquid supplements or capsules daily to add essential omega 3 fatty acids to their diet.

Some things to take note on is that flax seeds can go bad fast so do not buy too much flax seeds at one time. They should be stored in a dark, dry, and cool area inside the refrigerator or freezer. Eat flax seeds within a few days of grinding them. If you have a reaction or allergy from eating flax seeds you should talk to your health care provider. Many wonderful health benefits are offered by the essential omega 3 fatty acids, mucilage, and lignin in flax seeds. Consuming flax seeds in different forms including raw, oils, and supplements can boost your health.

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