

# Benefits of Oats, Fenugreek seeds & Flax seeds



## Benefits of Oats

1. **Oats** contain soluble fiber called beta glucan, which is known to help in reducing cholesterol by the blocking of re-absorption of cholesterol when it passes through the digestive system. Regularly having oats lowers the cholesterol levels in the body.
2. Oats contains low levels of sodium. This reduces the risk of contracting high blood pressure and hypertension.
3. The soluble fiber present in oats tends to slow down the digestion of carbohydrates, thereby reducing the spikes in the blood sugar levels, which in turn do not lead to unwanted urges to eat.
4. Eating oats leaves one much fuller; therefore you tend to eat less. This is especially good for those trying to lose weight.
5. Oats contains very less amount of fat and lesser calories. This makes it good for overall health.
6. Being a good source of natural dietary fiber, oats are beneficial for constipation.
7. Oats are also known to contain compounds called phytochemicals that can reduce risk of cancer.

## Benefits of Fenugreek seeds

1. **Anti-Inflammatory Properties:** fenugreek seeds are recommended for lesions, healing rashes, and boils for its anti-inflammatory properties.
2. **Lowers Cholesterol Levels:** Fenugreek seeds aid in lowering LDL cholesterol within the blood and raises HDL within the body.
3. **Helps Against Diabetes:** Fenugreek happens to be one of the healthiest foods that a person can have if they have diabetes. It's been found to reduce the blood glucose level within the body and raise the tolerance of glucose.
4. **Helps With Digestion:** Fenugreek helps to improve digestion. It releases mucilage, which creates a protective layer for gut and bowels, and lowers indigestion and gastric problems. Fenugreek has been helpful in constipation and it increases bowel movement.
5. **Heartburn and Acid Reflux:** It helps with soothing an inflamed gastrointestinal tract by being placed on the lining of the intestine and stomach. In order to utilize this as an effective treatment against heartburn, just scatter 1 teaspoon of fenugreek seeds on your food. Another alternative would be to

consume them with water or juice and take one teaspoonful of seeds prior to eating.

6. **Helps With Weight Loss:** Fenugreek seeds soaked in water immediately can be consumed in the morning on an empty stomach to burn off extra fat within your body. Fenugreek seeds are full of fiber, which swells in the body and makes you feel less hungry. Overeating can be prevented by adopting this treatment in the morning and half an hour before dinner.
7. **Makes Skin Healthy:** Because fenugreek is anti-inflammatory it is used to heal eczema, burns and boils. Grounded fenugreek seeds along with water can be immediately placed on the acne and zit marks to help get rid of them. Fenugreek mixed with milk is used to help soften the skin. It also aids against harmful sun radiation.
8. **Nourishes the Hair:** Fenugreek seeds are beneficial in making hair grow healthy. Fenugreek seeds are a great source of protein and nicotinic acid, which assists in cutting thinning hair and baldness down. When applied it helps in reducing dandruff and functions like a conditioner, when you make a paste of the leaves.
9. **Reduces Fever:** Since the body is nourished by this herb, it is proven to help reduce fever when taken with honey and lemon.
10. **Helps With Respiratory Conditions:** Fenugreek seeds contain mucilage, a lubricating agent which could reduce redness and soothe irritated mucus membranes, making this herb helpful for treating respiratory conditions, including bronchitis and coughs.
11. **Prevents Cancer:** Colon cancer may be prevented by fenugreek consumption. The mucus membrane of the colon is protected through this, therefore reducing the possibilities of cancer.
12. **For Women:** Fenugreek is proven to raise milk production in lactating women. Fenugreek is advantageous for women while pregnant and is really a source of iron. Fenugreek tea is suggested for pregnant women as it reduces labour pain and improves uterine contraction. Fenugreek contains a substance called diogenin which behaves similar to estrogens. It reduces stress, dizziness, and sleeplessness and helps in cutting menopause symptoms. The herb is also said to cause breast enlargement in women.

### **Benefits of Flaxseeds**

1. Flax seeds are loaded with essential nutrients, such as fibers, proteins, and lecithin, etc. and it's a rich source of omega-3 fatty acids & omega-6 fatty acids.
2. It also contains essential vitamins such as, vitamin B and minerals such as, potassium, magnesium, and zinc.
3. It is known to prevent heart diseases, such as, heart attacks and strokes, etc. as it contains omega-3 essential fatty acids that controls cholesterol and blood triglyceride levels.
4. It also regulates blood pressure by boosting circulatory system of the body
5. It also helps in healthy weight loss process by breaking down the fat cells and increasing the metabolic rate of the body.

6. It also helps in preventing water retention, inflammation, and chronic muscles pain etc. It improves the overall health and well being by increasing energy production and stamina level.