

***"Again and again, the impossible problem is solved when we see that the problem is only a tough decision waiting to be made."***

***- Robert H. Schuller***

I love this quote and I'm sure you know why. It's reinforcing the fact that nothing is impossible. There is no problem that can't be solved. Sometimes, things can seem overwhelming, but if you break them down into small tasks, they suddenly seem more doable. Then these smaller tasks turn into just multiple small decisions you have to make that ultimately get you to where you want to (or need to) be. It's all about baby steps to keep moving forward. I'm here to help if you need some suggestions or guidance on how to do just that.

Yours in health,



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## **Are You Eating Flax?**



Years ago, when I started researching alternative treatments for cancer, I learned about a German doctor named Johanna Budwig. She developed a protocol for cancer patients in which they combined organic low-fat cottage cheese and high-lignan organic flax seed oil. The mixing of these two items causes a chemical reaction to take place between the oil and protein in the cottage cheese. This reaction makes the oil water-soluble for easier absorption into your cells and helps the body become more alkaline. Those of us who study alternative medicine know that cancer can't live in an alkaline environment. It also can't live in an oxygenated environment. This how many people have successfully cured their cancer. But you won't hear about this in mainstream medicine. Why? Because sadly, there's no money in curing cancer, which is another article for another day. While Dr. Budwig's protocol is much more than just cottage cheese and flax oil, it got me thinking about how important flax is to our overall health. So this month, I'm going to give you some reasons to start making flax part of your daily diet.

**Flax seeds are full of good fat.** Flax seeds are a great source of Omega-3 fat. In fact, they offer a high ratio of Omega-3 fatty acids to Omega-6 fatty acids. The American diet is WAY too high in Omega-6, so this is a simple way to help rebalance because their ratio is 4 to 1, Omega 3 to Omega 6. Diets high in Omega 3 are also good for heart health.

**Flax seeds are full of nutrition.** The list of vitamins, minerals and amino acids they contain is quite long, but a few of their nutritional powerhouses are as follows:

- Lutein and zeaxanthin - excellent for eye health
- Folate - encourages cell and tissue growth
- Potassium - acts as an electrolyte
- Phosphorus - important for bone health
- Magnesium - crucial for our overall health and can help with sleep and digestion
- Glutamic acid - important for brain function
- Arginine - helps the body build protein

**Flax seeds have fiber.** They contain both soluble and insoluble fiber. This will help your intestines work more efficiently, help prevent constipation, reduce sugar cravings as well as cholesterol and improve digestion.

**Flax seeds can help with weight loss.** Because of their fiber content, eating flax seeds can help you feel full. This is attributable to their soluble fiber. This type of fiber also slows down digestion, which helps trigger the hormones that control your appetite by making you feel satisfied. They're low in carbohydrates, which also assists with weight loss.

**They're easy to incorporate into your meals.** It's super simple to add flax oil or ground seeds into just about anything. I use high-lignan flax oil in my daily morning protein shake and add ground seeds to my oatmeal (also high in fiber) before I go on a long hike. But it's simple to add them to things like yogurt, a smoothie, meat patties, soups or even cake or cookie batter. You can also incorporate flax oil into your favorite homemade salad dressing. The options truly are limitless.

**They're gluten free.** With gluten sensitivity on the rise, ground flax seeds are a great replacement for gluten-containing grains like wheat. Use them in place of wheat in baked products to avoid the issues caused by wheat.

**They can help with symptoms of menopause.** Since they're rich in lignans, they can act as an alternative to hormone replacement therapy because of their estrogenic properties. This means they're a natural way to help reduce hot flashes, mood swings and headaches.

**Flax Seeds can help prevent and treat cancer.** They're truly the highest source of lignans on the planet. In fact, they provide lignan levels 100-800 times higher than any other plant source. Lignans have been shown in many studies to reduce the size of cancerous tumors in rats and mice and have been used with success in treating both breast and prostate cancer in humans. Research in this area continues.

The Mayo Clinic recommends grinding the seeds because it makes them much easier to digest. Your intestines can't break down the seed's tough outer shell, which will prevent your body from enjoying all the benefits they provide when they're ground. I store my whole organic seeds in the freezer, grind them in my Magic Bullet and store the ground seeds separately in my freezer so I always have them available.

As for flax seed oil, you shouldn't cook with it because many of its nutrients get destroyed in high heat. My oil of choice for high-heat cooking is avocado oil. Coconut oil is my second choice. Flax oil actually contains more ALA (alpha-linolenic acid) than the seeds. This is important because the human body can't make ALA on its own. It has to come from the food we eat. Flax oil, walnut oil and chia seeds are good sources. Many people confuse alpha-linolenic acid with alpha-lipoic acid because they're both abbreviated ALA. The best way to describe the difference is alpha-lipoic acid is a powerful antioxidant and alpha-linolenic acid is a fatty acid, close to Omega 3.

Hopefully, I've given you more than enough reasons to add flax to your daily diet. But there are plenty of other reasons I didn't mention. If you'd like more information, be sure to contact me. Have a wonderful month.