Benefits of Flax Seeds & Oil

- Amazing source of Omega-3
- Weight loss
- Antioxidant rich
- Healthy hair
- Richest known source of lignans
- Mood enhancing
- Eye health
- Digestive health
- Joint health
- Lowers "bad" cholesterol (LDL)
- Protects against radiation
- Clear skin
- Heart healthy
- Immune boosting
- Anti-inflammatory
- Healthy blood pressure
- Great source of fiber
- Muscle strength/recovery

Recipes and tips at The Earth Diet.com