

Benefits of Flax Seeds & Oil



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

Recipes and tips at
 [The Earth Diet.com](http://TheEarthDiet.com)