

~ A Healthier You ~

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Flax Seed

## Breast Cancer and Flax Seed

There a new Canadian study that shows – Flax Seed can significantly slow the rate of breast cancer cell growth. Researchers at the University of Toronto had newly diagnosed breast cancer patients to eat two tablespoons of ground flaxseed each day. They then analyzed samples of their tumors before starting this treatment and 30 days after. They found that women taking the flaxseed slowed their rate of cancer growth by up to 33 % compared to women not on the flax. And there was nearly a 60% drop in the spread of the most aggressive cancer cells. This nutritional treatment effect was equal to anti-cancer drugs like Tamoxofin.

Researchers think that a fiber in the seeds may help sweep estrogen out of the body, blocking the hormone's ability to make tumors grow. There are also a number of studies showing that Flax can help protect against heart disease too.

Flaxseed is very high in omega-3 essential fatty acids, the good fat, that may lower cholesterol, stabilize blood sugar and lower the risk of breast, prostate and

colon cancers. In addition to the omega-3's, the remaining two components of flaxseed, lignans and fiber, are being studied for their additional health benefits. They act as phytoestrogens and antioxidants.

The women in the Canadian study ate either a plain muffin or a muffin containing 25 grams of flaxseed oil every day for 5 ½ weeks. More and more studies are being done every day. Some are showing that flaxseed can reduce the risk of macular degeneration, and dry eyes. The recommended dosage is one tablespoon a day of the oil or you could sprinkle the ground flax on cereal, yogurt or salads. Add ground flax to pancake, muffin or cookie batter or coat fish or chicken nuggets in the ground seeds.

Buy your flaxseed in vacuum packed bags. Grind as needed in a small coffee bean grinder. Whole seeds will last from 10 – 12 months. Recommended daily amount is 1 – 2 tablespoons of ground flaxseed per day. It's also good sprinkled into your morning green drink.