

## Flaxseed

### Description

#### Flaxseed

Organic frozen/freshly ground flaxseed helps weightloss & to reduce/stop most types of cancer when taken along with sulfur rich foods like vegetables or MSM supplement as well as constipation, low milk production, heart disease, high blood pressure, dry eye, IBS, hemorrhoids, sleep & hot flashes. Because it has polyunsaturated oil (over 60%) it needs to be added at serving temperature & uncooked (& the oil unrefined). All vegetable oils except coconut oil (and butter-grassfed healthiest) have polyunsaturated oil that turns into formaldehyde when cooked.

#### Fiber & weightloss

Freshly ground organic flaxseed, glucomannan, psyllium and other types of fiber help digestion and the feeling of fullness when added to every meal. They have been shown to increase weight loss and decrease diabetes & heart disease. Flaxseed also protects against many types of cancer as well.

October 2013 Volume 37, Supplement 4, Page S71

The Impact of Flaxseed Lignan Complex Consumption on Waist to Height and Hip Ratios, Body Weight, BMI, Insulin Resistance, Percent Pancreatic Beta-Cell Function, Free Fatty Acids, HDL2-HDL3- and Non-HDL-Cholesterol and Lp(a) in Older Human Type 2 Diabetics

Douglas E. Barre

DOI: <http://dx.doi.org/10.1016/j.jcjd.2013.08.218>

## Flaxseed & cancer

Organic freshly ground flaxseed taken with or before a meal appears to help stop the hormonal cancers & lung cancer.

(n-3) Fatty Acids and Cancer Therapy W. Elaine Hardman J. Nutr. December 1, 2004 vol. 134 no. 12 3427S-3430S

Wiggins A.K., Mason J.K., Thompson L.U. (2013) Beneficial Influence of Diets Enriched with Flaxseed and Flaxseed Oil on Cancer. In: Cho W. (eds) Cancer Chemoprevention and Treatment by Diet Therapy. Evidence-based Anticancer Complementary and Alternative Medicine, vol 5. Springer, Dordrecht

## Flaxseeds and breast cancer

Eating freshly ground organic flaxseeds appears to reduce breast cancer by up to 70%, improve the effectiveness of some breast cancer drugs, and reduce all cause mortality by up to 50%.

Gillian Flower, Heidi Fritz, Lynda G Balneaves, Shailendra Verma, Becky Skidmore, Rochelle Fernandes, Deborah Kennedy, Kieran Cooley, Raimond Wong, Stephen Sagar, Dean Fergusson, Dugald Seely. Flax and Breast Cancer: A Systematic Review. Integr Cancer Ther. 2013 Sep 8. Epub 2013 Sep 8. PMID: 24013641

Dietary flaxseed enhances the inhibitory effect of tamoxifen on the growth of estrogen-dependent human breast cancer (mcf-7) in nude mice.

Acta Pharmacol Sin. 2001 Aug;22(8):756-60. PMID: 15570004

Jianmin Chen, Evon Hui, Terence Ip, Lilian U Thompson

Ward HA, et al. Breast, colorectal, and prostate cancer risk in the European Prospective Investigation into cancer and nutrition- Norfolk in relation to phytoestrogen intake derived from an improved database. Am J Clin Nutr. 2010;91:440-448.

Flaxseed and its lignans inhibit estradiol-induced growth, angiogenesis, and secretion of vascular endothelial growth factor in human breast cancer xenografts in vivo.

Clin Cancer Res. 2007 Feb 1;13(3):1061-7. PMID: 17289903

Malin Bergman Jungeström, Lilian U Thompson, Charlotta Dabrosin

The inhibitory effect of flaxseed on the growth and metastasis of estrogen receptor negative human breast cancer xenografts is attributed to both its lignan and oil components

Linda Wang, Jianmin Chen, Lilian U. Thompson

International Journal of Cancer Volume 116, Issue 5 20 September 2005 Pages 793–798

Flaxseeds and prostate cancer

Eating freshly ground organic flaxseeds appears to reduce the aggressiveness of prostate cancer.

Denmark-Wahnefried W, et al. Flaxseed supplementation (not dietary fat restriction) reduces prostate cancer proliferation rates in men presurgery. *Cancer Epidemiol Biomarkers Prev.* 2008;17(12):3577-3587.

Azrad M, Vollmer RT, Madden J, Dewhirst M, Polascik TJ, Snyder DC, Ruffin MT, Moul JW, Brenner DE, Demark-Wahnefried W. Flaxseed-derived enterolactone is inversely associated with tumor cell proliferation in men with localized prostate cancer. *J Med Food.* 2013;16(4):357-60.

Travis RC, et al. Plasma phyto-estrogens and prostate cancer in the European Prospective Investigation into Cancer and Nutrition. *British Journal of Cancer.* 2009;100:1817-1823.

Ward HA, et al. Breast, colorectal, and prostate cancer risk in the European Prospective Investigation into cancer and nutrition- Norfolk in relation to phytoestrogen intake derived from an improved database. *Am J Clin Nutr.* 2010;91:440-448.

Ward HA, et al. Breast, colorectal, and prostate cancer risk in the European Prospective Investigation into cancer and nutrition- Norfolk in relation to phytoestrogen intake derived from an improved database. *Am J Clin Nutr.* 2010;91:440-448.

Saarinen NM, Tuominen J, Pylkkanen L, Santti R. Assessment of information to substantiate a health claim on the prevention of prostate cancer by lignans. *Nutrients.* 2010;2:99-115.

<https://www.oncologynutrition.org/erfc/healthy-nutrition-now/flaxseed-prostate-cancer-risk/>

## Flaxseeds and ovarian cancer

Freshly ground organic flaxseeds appear to significantly reduce ovarian cancer.

Kristine Ansenberger, Cassandra Richards, Yan Zhuge, Animesh Barua, Janice M Bahr, Judith L Luborsky, Dale Buchanan Hales. Decreased severity of ovarian cancer and increased survival in hens fed a flaxseed-enriched diet for 1 year. *Gynecol Oncol.* 2010 Feb 12. Epub 2010 Feb 12

Karen H Hales, Sheree C Speckman, Nawneet K Kurrey, Dale B Hales. Uncovering molecular events associated with the chemosuppressive effects of flaxseed: a microarray analysis of the laying hen model of ovarian cancer. *BMC Genomics.* 2014 ;15(1):709. Epub 2014 Aug 24.

Prostaglandins, Leukotrienes and Essential Fatty Acids (PLEFA) Volume 89, Issue 4, September 2013, Pages 179-187

Flaxseed enriched diet-mediated reduction in ovarian cancer severity is correlated to the reduction of prostaglandin E2 in laying hen ovaries

Erfan Eilatia et al.

<https://doi.org/10.1016/j.plefa.2013.08.001>

## Flaxseeds and colon cancer

Unheated freshly ground organic flaxseeds appear to reduce colon cancer. Heating turns the polyunsaturated fats to formaldehyde. Combining it with vegetables for the sulfur or MSM (sulfur) is part of the Budwig diet cancer treatment protocol.

[cancertutor.com/budwig/](http://cancertutor.com/budwig/)

Chemopreventive effects of dietary flaxseed on colon tumor development.

Nutr Cancer. 2006;54(2):216-22. PMID: 16898866

Ajay Bommareddy, Bhanu L Arasada, Duane P Mathees, Chandradhar Dwivedi

Inhibition of cell proliferation and induction of apoptosis of human colon cancer Caco-2 cells by alpha-linolenic acid and lignans present in flaxseed

Ajay Bommareddy, Xiaoying Zhang, Dustin Schrader, Radhey Kaushik and Chandradhar Dwivedi

AACR May 2007 Volume 67, Issue 9

Flaxseed & lung cancer

Organic freshly ground flaxseed taken with or before a meal appears to help stop lung cancer.

(n-3) Fatty Acids and Cancer Therapy

W. Elaine Hardman

J. Nutr. December 1, 2004

vol. 134 no. 12 3427S-3430S

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Flaxseed fiber & diabetes

Organic freshly ground flaxseed in or before a meal appears to significantly moderate subsequent blood sugar levels.

Journal of Functional Foods Volume 18, Part A, October 2015, Pages 1-9

Flaxseed lignan secoisolariciresinol diglucoside improves insulin sensitivity through upregulation of GLUT4 expression in diet-induced obese mice

Yanwen Wang et al.

Journal of Dietary Supplements Volume 13, 2016 – Issue 3

Flaxseed Protects Against Diabetes-Induced Glucotoxicity by Modulating Pentose Phosphate Pathway and Glutathione-Dependent Enzyme Activities in Rats

Müslüm Gök, Nuray N. Ulusu, Nilay Tarhan, Can Tufan, Gülgün Ozansoy, Nuray Ar? & show all

Pages 339-351 | Published online: 28 Aug 2015

<http://dx.doi.org/10.3109/19390211.2015.1036188>

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The Impact of Flaxseed Lignan Complex Consumption on Waist to Height and Hip Ratios, Body Weight, BMI, Insulin Resistance, Percent Pancreatic Beta-Cell Function, Free Fatty Acids, HDL2-HDL3- and Non-HDL-Cholesterol and Lp(a) in Older Human Type 2 Diabetics

Douglas E. Barre

DOI: <http://dx.doi.org/10.1016/j.jcjd.2013.08.218>

Beneficial effect of flax seeds in streptozotocin (STZ) induced diabetic mice: isolation of active fraction having islet regenerative and glucosidase inhibitory properties

Menakshi Bhat Dusane, Bimba N. Joshi

Canadian Journal of Physiology and Pharmacology, 2013, 91(5): 325-331, <https://doi.org/10.1139/cjpp-2011-0428>

Fiber & heart disease

Fiber intake during meals lowers the risk of coronary heart disease. Organic freshly (or frozen) ground flaxseed may be best, followed by glucomannon capsules.

Vegetable, fruit, and cereal fiber intake and risk of coronary heart disease among men.

Rimm EB et al.

JAMA. 1996 Feb 14;275(6):447-51.

Flaxseeds, heart disease & hypertension

Organic freshly ground flaxseeds appear to lower blood pressure in people with hypertension and to lower heart disease.

Rodriguez-Leyva D, Weighell W, Edel AL, Lavallee R, Dibrov E, Pinneker R, Maddaford TG, Ramjiawan B, Aliani M, Guzman R, Pierce GN. Potent antihypertensive action of dietary flaxseed in hypertensive patients. Hypertension. 2013;62(6):1081-9.

Antioxidant and Angiotensin Converting Enzyme-Inhibitory Properties of a Flaxseed Protein-Derived High Fischer Ratio Peptide Mixture

Chibuike C. Udenigwe and Rotimi E. Aluko

University of Manitoba, Winnipeg, MB R3T 2N2, Canada

1. Agric. Food Chem., 2010, 58 (8), pp 4762–4768

DOI: 10.1021/jf100149w

DIETARY SUPPLEMENTATION OF FLAXSEED LOWERS CARDIOVASCULAR DISEASE RISK IN DIABETIC WISTER RATS.

International Journal of Academic Research . Mar2013, Vol. 5 Issue 2, p72-78. 7p.

Al-Bishri, Widad M.

Flaxseed appears to help lower high blood pressure.

Eur J Clin Nutr. 2007 Oct;61(10):1201-6. Epub 2007 Jan 31.

Dietary supplementation with flaxseed oil lowers blood pressure in dyslipidaemic patients.

Paschos GK, Magkos F, Panagiotakos DB, Votteas V, Zampelas A.

Bipolar depression/mania

Alpha-linolenic acid (ALA) in flaxseeds

ALA is the third omega3 fatty acid along with EPA & DHA that is important to the brain. For people that can't have spirulina, they can make EPA & DHA fatty acids from taking ALA in flaxseed oil (2tb) or hemp oil (6tb), especially if they also take a vitamin B100 capsule (for the vitamins B3 & B6) as well as 1/2 ts vitamin C, 1/2 ts magnesium and 15mg of zinc at the same time. Flaxseed oil may also help bipolar disorder.

Bipolar Disord. 2010 Mar; 12(2): 142–154.

doi: 10.1111/j.1399-5618.2010.00799.x

Randomized, placebo-controlled trial of flax oil in pediatric bipolar disorder

Barbara L Gracious et al.



## EPA/DHA fatty acids and flaxseed (ALA omega3 fatty acid) & milk production

Freshly ground organic flaxseed or organic flaxseed oil has the more ALA than any other food, which may improve milk production when low and help with breast engorgement. ALA can be converted in small amounts to DHA & EPA when needed.

<http://www.mercola.com/beef/omega3.htm>

The Facts About Fats, by John Finnegan, published by Celestial Arts, 1993

## Foods for sleep

Fiber before bed helped sleep in one study (protein neutral/saturated fat less depth/carbs early wakeup) like organic freshly ground/frozen flaxseed. Raw honey can be added, & tart cherries, banana & warm milk (raw best) as all help sleep.

## Category

1. Uncategorized

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## Author

biggs