

Flax Seed Oil and Fibre

Benefits of Omega 3 and Dietry Fibre for your body

Brain.

The brain has a higher concentration of omega-3 $(\omega$ -3) fatty acids than any other system in the body. ALA converts readily to DHA in the brain. With sufficient quantities of EPA and DHA in the diet, the membranes of the brain perform at their peak level, which is essential for regulating mood, emotions, and staving off depression.

Skin, Hair, and Nails.

Dry skin, hair or nails is usually the first sign of a lack of ω -3. ω -3 helps retain moisture in the skin and dampen inflammation, which may be helpful for skin conditions like acne, psoriasis, eczema, or rosacea

Insulin Function.

ALA helps to improve insulin sensitivity and reduce inflammation, which may assist pre-diabetics and diabetics with blood sugar control. Dietary fibre slows glucose absorption which

helps regulate blood sugar levels. The antioxidants and lignans are beneficial for reducing oxidative damage.

Digestion. •

ALA promotes membrane integrity and reduces inflammation which can assist with food intolerances and inflammatory conditions like IBS. Flax fibre is a great source of both soluble and insoluble fibre and has a very gentle action. Can assist with diarrhoea, constipation, IBS, haemorrhoids and diverticulitis.

Bones.

ALA and the lignans found in flax fibre may help to maintain bone strength and reduce osteoporosis by reducing bone absorption.

Joints.

The prostaglandins your body makes from ALA are powerfully anti-inflammatory which can reduce arthritic symptoms.

Eyes.

DHA is highly concentrated in the retina which aids vision. Can also assist with dry eyes.

• Cardiovascular health.

ALA helps to dampen inflammation - a major risk factor for cardiovascular health. It enhances blood vessel flexibility and the electrical stability of the heart muscle. May help to reduce the risk of atherosclerosis, arrhythmia, and stroke.

Dietary fibre helps to lower blood cholesterol levels –a risk factor for cardiovascular health. The antioxidants and lignans are beneficial for reducing oxidative damage

Reproductive System.

Flax fibre lignans have a weak oestrogenic effect which may assist with balancing both male and female hormones. This may be beneficial to promote breast, prostate and uterine health and reduce the risk of serious

disease. The prostaglandins your body makes from ALA may dampen down inflammation and reduce the symptoms of PMS and other hormonal imbalances.

Body mass.

ALA taken with milk protein in a yoghurt smoothie or cottage cheese spread is a key component of the body's oxygenation system which helps lift energy levels and metabolic rates.

Not balancing your $\omega\text{-}6$ intake (from all the common oils) with similar amounts of $\omega\text{-}3$ intake has been shown to promote obesity.

Immune System.

Both ALA and lignans help boost immune cell response and reduce inflammation in the body.

waihi bush organic farm

Flax Seed Oil contains Omega-3 (ω-3), Omega-6 (ω-6) and Omega-9 (ω-9) essential fatty acids

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FLAX SEED OIL EVERY DAY.

Flax seed oil is nature's richest source of the **Omega-3 essential fatty acid** (EFA) <u>**α-Linolenic acid**</u> - it is important to realise that 'essential' means just that - we absolutely have to have them to live and be healthy; our bodies cannot make them, so we have to obtain them from our food or from food supplements.

We bring you our *waihi bush organic farm* flax seed oil range which is organic, healthy and high quality.

WE KNOW OUR CUSTOMERS

Flax seed oil will assist your body to fight against inflammation, diabetes, prostate disease, autoimmune disease, high blood pressure, atherosclerosis, arrhythmia, liver and kidney diseases. Flax seed oil increasing the skin hydration, but decreasing the skin roughness and scaling. The awareness of the health benefits of Omega-3 oils is a building momentum worldwide.

WE CARE ABOUT OUR CUSTOMERS

Common Symptoms of Omega-3 deficiency

- Dry skin and hair conditions, soft or brittle nails.
- Inflammatory conditions Acne, Eczema, Psoriasis and Arthritis
- Lowered immunity, slow healing and allergic conditions like Asthma
- Vision problems and dry eyes
- Mental deterioration and mood swings
- Weakness, low energy and fatigue

flax boost

For those new to flax seed oil (use for 1-2 months) or for those with specific health conditions.

flax original

Everyday oil for the whole family to achieve balanced Omega-3 and 6 levels.



flax balance

For people with a balanced diet or those who have taken flax seed for several years.

flax power

Specifically designed for modern men's stressful lifestyles and prostate health.



flax bloom

For women, while preparing for pregnancy, during pregnancy, post pregnancy or menopause





