



## ***Gentle Touch Healing***

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### **Flax Seed Oil**

#### ***INFORMATION SHEET ...***

#### **Extract from the book called "Fantastic Flax" by Siegfried Gursche**

**Flaxseed oil can be book states that flaxseed is "a powerful defence against cancer, heart disease and digestive disorders".**

**"All will benefit by adding flax seed to their diets, especially those who suffer from constipation, intestinal and digestive problems, high blood pressure, elevated cholesterol levels, cardiovascular problems and degenerative disease".**

**"It is an ancient but little known seed whose benefits have only recently been recognised by nutritionists, dieticians and naturopathic doctors".**

**"Everyone will benefit by adding flax seed to their diet". It also has been found to prevent the growth of new cancer cells.**

#### **Flax seed Food or Drug?**

**"Flax is an oil-bearing seed. It contains the highest percentage of both "essential fats" – which are linolenic acid (an omega 3 fatty acid) and linolenic acid (an omega 6 fatty acid) of any oil bearing seed. The essential fats are necessary for the proper function of many organs, however they are not produced by the body". Therefore they have to be included in diet.**

**The main purpose of the omega fatty acids is not to provide energy or to store fat in the body, instead they supply the body with prostglandins and eicosanoids which ensure the proper function of the brain, nervous system, skin and sexual organs. They also prevent platelets from becoming sticky and forming blood clots, keeping the blood thin and controlling high blood pressure.**

**Dr Johanna Budwig said "flax oil is the spark plug that cranks up fat metabolism in our bodies".**

**Flax also works well as a laxative "The flax mucilage can repair the damage caused by taking massive doses of antibiotics". Flax mucilage helps the intestinal flora to re-establish itself. "It helps to repair any damage to the internal "wallpaper" which is the coating of mucus that line the entire digestive tract".**

## Benefits of eating flaxseeds and oil

### Biochemical Effect Clinical Result

Normalises the body's fatty acids, smoother skin, shiny hair, soft hands, increased stamina, vitality and agility.

Normalises and rebalances prostaglandins, smoother muscle action, improvement of many other functions; alleviates adverse symptoms of PMS and menopause.

Reduces appetite provocation, lowers glycemic index, eliminates binging or addictive need for of foods and slows down glucose absorption, carbohydrate rich foods.

Stabilizes the immune system. Avoids or overcomes food allergies; fights off some diseases more effectively.

Increases fiber and aerobic bacteria. Promotes proper functioning of the bacteria in the digestive tract to avoid gas, constipation and other disorders leading to diverticulitis and Crohn's disease.

Normalizes blood fats and lower cholesterol. Stronger cardiovascular system, clear thinking.

Corrects the body's thermogenic system. Burns off fat, cold weather resistance, increases comfort.

Elevates the level of oestrogen in the blood. Dramatically reduces many post menopausal symptoms.

Supports liver in fat metabolism. Lowers or normalises blood pressure.

Flax seed oil can be purchased from most health food stores and are very cheap. They have to be cracked and you can use a coffee grinder for about 7 seconds to do this. You can use it on your breakfast cereals or on other foods.

Flax seed oil should be kept in the fridge and cannot be used in cooking as it spoils fast when exposed to oxygen and light. It is fine in salad or can be put on jacket potatoes over steamed vegetables instead of butter.

## REFERENCES

Extract from the book called "Fantastic Flax" by Siegfried Gursche

### IMPORTANT

If you are ill, please see your doctors for advice and medication. We do not advocate any advice given on this Information Sheet as a substitute for conventional medicine or medical advice – this is additional information that may help you with your illness.

We cannot guarantee that any advice given will improve every individual's well-being or state of health. What might work for one person may not necessarily work for another.