

The Value of Flax Oil

Flax oil is our richest source of the valuable omega-3 fatty acids. At 50-60% omega-3's flax oil contains almost twice as much of these miracle nutrients than does fish oils, which go up to around 30% maximum of omega-3s. Why do I call omega-3s miracle nutrients? They are the most commonly lacking in our foods. Providing our bodies with adequate amounts of the essential omega-3's works wonders for our health.



What can flax oil do?

Research and clinical experience shows that omega-3's have beneficial effects in:

1. **Heart disease.** Omegas-3's lower high blood cholesterol and triglyceride levels by as much as 25% and 65% respectively. Max Gerson used flax oil for its cholesterol-lowering effect in his New York Clinic.
2. **Cancers.** Omega3's dissolve tumors; Max Gerson used flax oil for this purpose in his clinic. Dr. Budwig in Germany has over 1000 documented cases of successful cancer treatment using flax oil along with additional nutritional support. She has been using fresh flax oil successfully in cancer therapy for over 30 years now. More recent research shows that omega-3's kill human cancer cells in tissue cultures without destroying the normal cells in the same culture. Breast, lung and prostate cancer cell lines were studied.
3. **Diabetics.** This disease, according to Dr. Bigwig, has its origin in deficiency of omega-3's (as well as omega-6) fatty acids, and is made worse by concurrent lack of vitamins and minerals.
4. **Arthritis.** Omega-3's have been found to be effective in the successful treatment and prevention of arthritis. Both fish oils and flax oil have been used. More recently, research using combinations of the omega-3's and 6 fatty acids found that 60% of rheumatoid arthritis were able to completely discontinue their non-steroidal anti-inflammatory drugs (NSAIDs) and another 20% were able to reduce their dosages of NSAID in half.
5. **Asthma.** Flax oil can relieve asthma noticeably, sometimes within a few days of starting to take oil.
6. **Premenstrual syndrome.** Many cases of PMS are completely relieved within one month by fresh flax oil. Vitamins and minerals are also important.
7. **Allergies:** Omega-3's help to decrease allergic response. Since the body must be rebuilt, a longer time is needed before the allergies are alleviated. Total nutritional support is required
8. **Inflammatory tissue conditions.** Included here are the diseases which end in "tis", which include meningitis, bursitis, tendonitis, tonsillitis, gastritis, ileitis, colitis, arthritis, phlebitis, prostatic, nephritis, splenetic, hepatitis, pancreatitis, otitis, etc. as well as psoriasis and lupus. All of these inflammatory conditions may be helped by the omega3's.
9. **Water retention.** Flax oil helps the kidneys remove sodium and water. Water retention (edema) is involved in swollen ankles, some forms of overweight, PMS, and late stages of cancer and cardiovascular disease.
10. **Skin Conditions:** Flax oil is famous for its ability to make skin smooth, soft and velvety. It also alleviates those skin conditions whose origin is the lack of the omega-3's in the diet.
11. **Vitality:** One of the most noticeable signs of improved health from the use of flax oil is increased vitality, more energy. Athletes notice that their fatigued muscles recover from exercise more quickly. Omega-3's increase stamina.

12. **Calmness under stress:** Many people find this calming effect of fresh flax oil to be its most pleasant. Omega-3 fatty acids prevent excess toxic biochemical which our bodies produce under stress.

13. **Other conditions:** Flax oil can also be helpful in multiple sclerosis (in places where essential fatty acid consumption is high, multiple sclerosis is very rare), omega-3's are required for the development of the brain of the fetus and for brain function in the adult; omega-3's are necessary for visual function (retina), adrenal function (stress), and sperm formation; cystic fibrosis(omega-3-containing oils loosened the viscous mucous secretions and relieve breathing difficulties); some cases of sterility and miscarriage; some glandular malfunctions; some behavioral problems (schizophrenia, depression, manic-depressive disorder, etc.) addictions (to drugs, alcohol, and pathological deviant behaviors').

Because they are the essential nutrients most commonly lacking in the North American diet, omega-3's are recommended for every body. In order for the omega-3 fatty acids in flax oil to unfold their vital functions, the other essential nutrients (proteins, vitamins and minerals) must also be present in the diet in adequate amounts.



How is Flax oil made?

Fresh flax oil, even when made with the utmost care and kept cool and closed, retains its vital nutrients unspoiled for only 4 months. Light, oxygen (air) and high temperature destroy the omega3's very rapidly. Once opened, flax oil should be consumed within 3 to 6 weeks. The container for flax oil must allow no light to come in contact with the precious oil. The oil must be pressed at a low temperature. Flax oil must be completely protected from light and air between the time it is locked in the seed and the time that is protected in the opaque container. Only oil made with this required care is worth using to enhance health.

How to Use Flax Oil?

Flax oil can be substituted for other, less nutritionally valuable oils in salad dressings, mayonnaises, shakes, etc. It can be mixed with olive oil or butter to enhance their nutritional value. It can be mixed with skim milk protein (baking cheese, cottage cheese, low fat yogurt, kefir), then sweetened with fruit, maple syrup or honey to provide delicious nutritious breakfast or dessert. The mixture of oil with skim protein can also be used in main dishes by adding vegetables, greens and spices. The flax oil-protein mixture is a versatile base for any kind of meal. Allergic to dairy? Use tofu with onions/garlic instead of milk protein.

How Much Flax Oil?

Dr. Budwig uses up to 8 tablespoons of fresh flax oil daily in her cancer therapy. The Gerson clinic used 2 tablespoons daily for the first 4 weeks of therapy, and a maintenance dose of 1 tablespoon per day from then on. Dr. Rudin uses 2 to 5 tablespoons per day, depending on the patient's individual condition and needs.

Is Flax Oil for Everyone?

Occasionally, someone experiences allergic skin rash with the oil. That person must detoxify their immune system or obtain their essential omega3's from one of the lesser sources; fresh pumpkin seed, soybean, walnut or fish oil. Second, nausea results from exceeding the liver's capacity for fats and oils. People with impaired liver function need to build up their capacity gradually, starting with small doses.