

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

OCTOBER 1, 2018

FLAXSEEDS – SHOULD I, OR SHOULDN'T I?

DON'T FORGET! NO CLASS NEXT MONDAY, OCTOBER 8TH!!!

SO! TONIGHT WE'RE TRYING DR. OZ'S CONCOCTION OF HOT WATER, FRESH LEMON, AND GROUND FLAXSEED. IT'S SUPPOSED TO REV UP OUR METABOLISM! I ONLY HAVE WHOLE FLAXSEED, SO I BORROWED A FRIEND'S COFFEE GRINDER TO MAKE WHAT'S KNOWN AS FLAXSEED MEAL. LIKE I SAID LAST MONDAY, IT'S DEFINITELY WORTH A TRY! HE SAYS TO IDEALLY DRINK THIS IN THE MORNING, AND IT WILL HELP WITH DIGESTION THROUGHOUT THE DAY.

YOU'RE BETTER OFF USING FLAXSEED MEAL, BY THE WAY. IF YOU ONLY USE THE WHOLE SEED (OBVIOUSLY WHAT I'VE BEEN DOING!) YOU ONLY GET INSOLUBLE FIBER. BY GRINDING IT, (OR YOU CAN BUY IT ALREADY GROUND) YOU'RE ALSO GETTING PROTEIN, OMEGA-3 OIL, IRON, AND SOLUBLE FIBER! STORE BOTH FORMS IN THE REFRIGERATOR, BY THE WAY.

I MENTIONED LAST WEEK THAT FLAX CONTAINS LIGNANS. *LIGNANS* ARE A TYPE OF PLANT COMPOUND THAT SCIENTISTS FEEL MAY PROVIDE PROTECTION AGAINST SOME CANCERS. THEY DO THIS IN A COUPLE DIFFERENT WAYS. THEY ARE ALSO A SOURCE OF ANTIOXIDANTS, WHICH PROTECT CELLS FROM DAMAGE.

FLAX HAS ALSO BEEN SHOWN TO HELP THE *CARDIOVASCULAR SYSTEM*, BY WAY OF PLANT OMEGA-3s. THESE SUBSTANCES HELP PREVENT HARDENING OF THE ARTERIES AND KEEP PLAQUE FROM BEING DEPOSITED IN THE ARTERIES - PARTLY BY KEEPING WHITE BLOOD CELLS FROM STICKING TO THE BLOOD VESSELS' INNER LININGS. FAIRLY RECENT RESEARCH ALSO SUGGESTS SIGNIFICANT BLOOD PRESSURE-LOWERING EFFECTS OF THIS TINY LITTLE SEED.

PLANT OMEGA 3s MAY ALSO PLAY A ROLE IN MAINTAINING THE HEART'S NATURAL RHYTHM! THAT CAN'T BE BAD, RIGHT?! AS SUCH, IT MAY BE USEFUL IN TREATING ARRHYTHMIA (IRREGULAR HEARTBEAT) AND HEART FAILURE. MORE RESEARCH IS NEEDED ON THIS.

AND ANOTHER THING: EATING FLAXSEED DAILY COULD HELP YOUR CHOLESTEROL LEVELS. A STUDY OF MENOPAUSAL WOMEN SHOWED A DECREASE IN THE LDL ("LOUSY" PART OF YOUR CHOLESTEROL LEVEL) AFTER THE WOMEN ATE 4 TABLESPOONS OF GROUND FLAXSEED EACH DAY FOR A YEAR. ACCORDING TO AN ARTICLE I READ TODAY (WEB MD) THIS WOULD BE THE RESULT OF THE COMBINED BENEFITS OF THE OMEGA 3s, FIBER, AND LIGNANS.

THIS IS INTERESTING: PEOPLE WHO CONSUME MORE OMEGA 3s FROM FLAX HAVE A LOWER INCIDENCE OF DRY-EYE SYNDROME. DRY-EYE SYNDROME IS CAUSED BY POOR LUBRICATION OF THE EYE, LEADING TO SYMPTOMS SUCH AS BURNING, ITCHING, REDNESS, AND BLURRED VISION. THE PART OF THE FLAXSEED THAT PRODUCES THIS EFFECT IS IN THE OIL, SO WHOLE FLAXSEED WON'T HELP WITH THIS.

NOW THAT I'VE GOT YOUR ATTENTION, LET'S TALK ABOUT THIS IN PRACTICAL TERMS! IN ORDER TO GET FULL EFFECT FROM THIS TINY SEED, YOU'D HAVE TO BE **CONSISTENT**. THAT MEANS FINDING A PRACTICAL WAY TO INCORPORATE IT INTO YOUR DAILY DIET. THAT WOULD TAKE SOME CREATIVITY FOR MOST OF US! HERE ARE SOME IDEAS:

- COMBINE FLAX WITH CINNAMON (WHICH IS HELPFUL IN REGULATING BLOOD SUGAR!) AND USE AS A DIP FOR FRUIT (LIKE APPLES!)
- MIX GROUND FLAX INTO SMOOTHIES OR A SHAKE
- ADD GROUND FLAX TO WHOLE GRAIN CEREALS (HOT OR COLD)
- ADD GROUND FLAX TO SALADS AND / OR SALAD DRESSINGS
- SPRINKLE ON COOKED VEGETABLES
- ADD GROUND FLAX TO HUMMUS
- ADD GROUND FLAX TO NUT BUTTERS

HMMMM...NONE OF THESE STRIKE ME AS SOMETHING I WOULD REALLY DO ON A DAILY BASIS. JUST SO YOU KNOW, DR. OZ'S "RECIPE" CALLS FOR A MERE TEASPOON OF GROUND FLAX. I WOULD BUMP IT UP TO A TABLESPOON (MORE THAN A CUP OF WATER WILL BE NEEDED!) TO AT LEAST GET A REASONABLE START ON THE RECOMMENDED "4 TABLESPOONS A DAY!"

OF COURSE, THE LITERATURE ALSO RECOMMENDS ADDING FLAX SEED TO BATTERS AND THE LIKE – BAKED GOODS, PANCAKES, ETC. IN OTHER WORDS! I DON'T MAKE (OR EAT!) THESE KINDS OF THINGS ON A DAILY BASIS – NOR DO I *NEED* TO! (LET'S BE CLEAR, THOUGH: I WOULD DEFINITELY *LIKE* TO!) I DON'T THINK THAT THE BENEFITS WOULD OUTWEIGH THE NOT-GREAT OUTCOME OF INCORPORATING PANCAKES INTO MY DAILY DIET...SO I'LL LET YOU KNOW IF I COME UP WITH A REASONABLE SOLUTION!

YOU MAY FIND THAT THERE ARE TWO DIFFERENT TYPES OF FLAXSEED: YELLOW (SOMETIMES CALLED "GOLDEN") AND BROWN. I READ THIS MORNING THAT SOME FIND THE GOLDEN TO HAVE A Milder FLAVOR. THE ONE WE TASTED TODAY IS BROWN – WHICH I ALSO READ IS MORE COMMONLY USED IN ANIMAL FEED, DUE TO ITS TOUGHER TEXTURE. MOOOOOO!!!!

HOW DID YOU DO WITH "NO BAKED GOODS?"

OUR "NO!" FOOD FOR THE NEXT TWO WEEKS: NO CANDY!!!