

Flax, with the binomial name *Linum pratense*, is a member of the genus *Linum* in the family *Linaceae*. It is a food and fibre crop that is grown in cooler regions of the world. The oil is known as linseed oil. The plant species is known only as a cultivated plant. They're tiny nutty-flavoured seeds that not only taste good but have innumerable health benefits. Here on these page we will see some of the important health benefits of flaxseeds.

Its oil, used as a nutritional supplement, and as an ingredient in many wood finishing products. Flax is also grown as an ornamental plant in gardens. Flax fibers are used to make linen.

## **Flaxseeds are a source of three key nutrients:**

### **Omega-3 essential fatty acids**

Omega-3 are polyunsaturated fatty acids, considered as essential nutrients that our body can't produce but needs to maintain good brain health and cognitive function.

### **Rich in Lignans**

Lignans are naturally occurring forms of the female hormone estrogen and antioxidant qualities are found in certain foods.

### **Good Source of Mucilage**

Mucilage helps assure a healthy intestine and proper absorption of nutrients.

### **Also Rich in Fiber**

Flaxseed contains both the soluble and insoluble types.

### **Help Regulate Blood Sugar**

Preliminary research also suggests that daily intake of the lignans in flaxseed may modestly improve blood sugar. Magnesium is an essential nutrient that helps regulate blood sugar levels. When blood sugar levels are under control and not spiking up and down, it is easier to lose weight and decrease fat storage.

### **Help Women with Irregular Periods**

It can also help women with irregular periods and those with extreme symptoms of PMS - for example, headache, anxiety, mood swings etc.

### **Control Bleeding during Mensuration**

They also help in controlling heavy bleeding during menstruation, reduce the risk of breast cancer and improve uterine function.

### **Reduce Menopausal Symptoms**

They can help reduce menopausal symptoms, such as flushing and night sweats.

### **Reduces Risk of Cancer**

It has a nutty flavor, also is rich in fiber and lignan, an antioxidant that's been shown to protect against breast cancer. Some call it one of the most powerful plant foods on the planet. It may help reduce your risk of heart disease, cancer, stroke, and diabetes. Recent studies have suggested that flaxseed may have a protective effect against breast cancer, prostate cancer, and colon cancer.

### **Health Benefits of Flaxseeds in Hypertension**

Flaxseed oil consumption resulted in significantly lowered blood pressure readings. Consider adding flaxseed oil to

your diet and you may be saving yourself literally from the headaches associated with hypertension.

### **Nerve and Brain Health**

The fatty acids help to keep the brain and its plumbing healthy. Nerves stay covered with a nice layer of fat, which makes for a happy nervous system.

### **Weight Loss**

Flaxseeds have great oxidative abilities to help increase metabolism. With a proper, well-balanced nutrition and workout program weight will come off easier.

### **Health Benefits of Flaxseeds for Heart Health**

Just like the plumbing of the nervous system, flaxseed also helps the cardiovascular system. It acts to thin the blood to prevent clotting and helps cholesterol. Research shows that due to its low- saturated fat content, and its high polyunsaturated fat. Flax is helpful at slowing LDL (bad) cholesterol while having minimal effect on the HDL (good) cholesterol.

### **Skin and Hair Health**

Omega-6 is linked to increased hair growth and maintenance. As well as skin and bone health.