

## Flaxseeds Should Be An essential Part Of Ones Healthy Diet

Although it is important to stress that the fatty acids found in flax are essential, flax also contains substances called lignans. Lignans are special compounds that demonstrate impressive health benefits, as they seem to be responsible for assisting the immune system in many ways, along with helping to prevent some types of cancers.

Because flax contains lignans, it is an even more beneficial to the body when consumed in this form. Flax is one of the most abundant sources of lignans, a type of phytoestrogen that interferes with estrogen metabolism in animals and humans. This property gives lignans the ability to help in the prevention of both fat and hormone-sensitive types of cancer. Lignans also benefit the body by providing antibacterial, antifungal, and antiviral activity that helps the immune system to function optimally.

All of the benefits of flax are still yet to be known, but it has been established that flax is also a good source of fiber. There have been several studies which confirm that flaxseed can be a cholesterol-lowering agent similar to oat bran, fruit pectin, and other food ingredients that contain fiber. Because flax packages both omega-3 fatty acids and soluble fiber together, it presents two ingredients which provide healthy blood lipid patterns. Flaxseed contains beneficial amounts of both soluble and insoluble fiber, giving it potential cancer-fighting ability especially in colon cancer.

When selecting a healthy diet, it is important to consider your sources of essential fatty acids. Essential fatty acids are fragile and easily damaged by air, high temperatures, and food processing, so you are unlikely to get all of the EFAs that you need, even if you are careful to use vegetable oils for cooking. Most of the oil that we consume today has been heavily processed, which damages essential fatty acids. When choosing flax oil, you want to take into account the same considerations, looking for oil that has not been damaged by processing and is packaged to block all light from contact with the oil.

Not all flax oils are the same, with there being a great deal of variation in quality and purity as a result in differences of how the oil is expressed. Most flaxseed oils are mechanically pressed out through an expeller, in which great amounts of heat and pressure can be generated. The higher the temperature, the better the yield of oil, but the lower the quality of oil. Many manufactures willingly sacrifice quality for quantity. The best way to measure the quality of oil is by taste, with the degree of bitterness being a close approximation of the level of lipid peroxides. The best source of high quality flaxseed oil can be found in health food stores where inventory turnover is highest.

Some good guidelines to go by in selecting a good flaxseed oil include: making sure the flaxseed oil is derived from 100% certified organic flaxseed; making sure the oil is as fresh as possible and not past the expiration date; making sure that the oil is expeller-pressed or cold pressed; using flaxseed oil that is high in lignans to gain the most benefit.

### About the Author

More information on [high lignan flax seed oil](#) is available at VitaNet &reg;, LLC Health Food Store. <http://vitanetonline.com/>

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