

FLAX LIGNANS

**a 'waste' product
with great health
benefits**

by

Peter de Ruyter

Flax Lignans Have Unexpected, Yet Powerful Health Benefits

Who would have thought that the simple, ol’ outer hulls of flax seed could do so much good for so many health issues? Yet, clinical experience, plus scientific study is highlighting this reality.

Curtis Rangeloff, a farmer from North Dakota, managed to create a new way of mechanically removing the hulls from the seed, thereby avoiding the inevitable toxic chemical residues left behind after chemical extraction.

Chemical extraction often uses substances such as sulphuric acid, chloroform, petroleum, ether and other noxious chemicals. Aside from toxicity issues, these extraction methods frequently don’t yield the same high levels of the active ingredient as obtained by the unique, mechanical-extraction method pioneered by Rangeloff.

Research showed that the seed coat, or hulls of flaxseed, contain a large amount of lignans, with secoisolariciresinol diglycoside (SDG for short!) as the primary precursor lignan responsible for all the various health benefits. Beneficial bacteria in the gut are able to convert this precursor form of SDG into its more active form. However, this would suggest that taking a daily broad-spectrum probiotic along with flax lignans will facilitate such conversion.

Where Do You Find Plant Lignans?

Lignans are substances often found in a range of: ⁽¹⁾

- seeds (flax, sesame, sunflower seeds, etc.)
- grains (rye, wheat, oats, barley, etc.)
- legumes like soybean,
- as well as the cruciferous vegetables such as broccoli and cabbage

Flax seeds contain about 800 times the amount of lignans found in other plant sources, as well as containing about 27 different lignans, which are believed to work synergistically in creating so many health benefits.

Some plant lignans, like those from flax, can have beneficial phyto-estrogenic action, while other lignans can be toxic. However, the lignans from flax hulls fall within the ‘good’ category of lignans, and can act like ‘good’ estrogens within the body. Yes, the body often does produce estrogens which can be ‘bad’ under some circumstances!

Another advantage of flax lignans is that they exhibit very powerful antioxidant activity too, ⁽²⁾ which offers great benefits for those living in chronically polluted, toxic and therefore high free-radical environments.

The Product Produced By The ‘Flax Lignans Health’ Company Is Very Concentrated

As you’ll see from the discussion below, certain lignans are known to provide great health value, but it would take 3.8 kg of *whole* flax seeds, or about 55 kg of broccoli to give you the same amount of positive, healing lignans found in 1 **teaspoon** of Rangeloff’s safe, mechanically separated flax lignans. Try eating 3.8kg of whole flaxseeds for your breakfast each day!

The amount of SDG-lignans in 1 scoop of the ‘Flax Lignans Health’ product is 150-300 mg, which is also 70 times the amount usually found in whole flax seeds.⁽³⁾ It also needs to be mentioned that flax seed **oil** (good as it is in other ways) contains almost zero lignans.

What Type Of Health Problems Could Benefit From Taking Flax Lignans?

Clinical experience has now shown these SDG, super-concentrated flax lignans do offer healing benefits in a wide range of health issues, such as:

- Diabetes type II
- Kidney problems
- Various cancer, such as breast, colon, skin or prostate
- HIV/AIDS
- Heart disease
- Women’s health issues, such as menopausal symptoms

- Men’s health issues such as prostatic hypertrophy – often causing frequent urination at night
- Lupus
- For immune system support

Flax Lignans Benefits Are Supported By Various Studies

- One study, done on women with breast cancer, showed a 34.2% reduction in cancer cell growth, and a 71% reduction in the cancer growth receptor Her2 after only 1 month of taking the flax lignans.⁽⁴⁾ The latter receptor is associated with genes which regulate cell growth.
- Further studies⁽⁵⁾ on mice showed a significant reduction (82%) in cancer metastasis to the lungs.
- A study done in California indicated that having a high level of lignans in your diet can help prevent endometrial, uterine and ovarian cancer.⁽⁶⁾
- Even the FDA and NCI (National Cancer Institute) have acknowledged the value of flax seed lignans in preventing cancer.⁽⁷⁾
- Using these specific, mechanically-separated, concentrated flax lignans, high in SDG have also shown their clinical value in many HIV/AIDS cases in Africa.⁽¹¹⁾
- Studies in rabbits have shown a 34.4% reduction in atherosclerosis, as well as improving the cholesterol, HDL and LDL profiles.⁽⁸⁾
- Diabetics using the SDG concentrated flax lignans found their blood sugar levels coming back to normal again.⁽⁹⁾
- Flax lignan’s ability to support immune function have been shown in numerous cases of those *fighting* the flu, as well as helping protect against *getting* the flu in the first place.⁽¹⁰⁾

So, along with improved prostatic symptoms in many men, flax lignans are showing themselves to be a versatile, safe product, capable of improving health in a number of challenging health issues.

Further research in lupus and liver health are also underway, suggesting that these conditions may equally benefit from the simple addition of flax lignans rich in SDG.

So, Why Isn't Medicine Routinely Prescribing These Flax Lignans?

The simple answer is that these lignans are a natural substance, which can't be patented, hence attracting zero research dollars from Big Pharma. But there's more to it than that, and it's highly recommended you read an eye-opening article, which explains this complex issue in a clear, concise manner. Simply click on the following link to go to the article, titled: '*A Naturopathic Perspective on Cancer*' at:

www.self-help-ebooks-and-alternative-health-articles.com/support-files/cancer-a-naturopathic-perspective.pdf

Where Do I Buy These Flax Lignans?

For those living outside the USA, the genuine, mechanically separated flax lignans, which have proven their worth via clinical experience in thousands of people, are available from:

www.flaxlignanhealth.com

If you live in the USA and wish to purchase this same product direct from Amazon, you can do so [here](#).

What Dosage Do I Take?

Follow the dosage instruction on the container, but as always, understand that there can be no 'standard' doses, just as there are no 'standard' people! So, start on a ¼ the recommended daily dose of 1 scoop (provided in the container), and over a week to 12 days, build up to as much as 1 scoop 3 x day if you have a serious health challenge.

Some Concluding Thoughts

It's always wise to be under the expert care of a good doctor, open to natural healing approaches, or preferably a good natural therapist. If you have a serious health issue, then do ensure you remain with your doctor for regular monitoring. *This is a most crucial point to take on-board and implement!*

I hope this brief exploration of a remarkable ‘food medicine’ has been of interest and value, providing you with at least a basis from which to do further research of your own, or simply go ahead and order this special product, and see if it can help you with your specific health issue.

Flax lignans, specifically concentrated with SDG, have been found to be remarkably **safe**, effective as well as economical, and won't interfere with any medical drugs you may be on. However, please do read the final notice placed at the end of this article.

References

- 1) <http://en.wikipedia.org/wiki/Flax>
- 2) Hickle, Melissa, Health Sciences Institute, *This overlooked ‘waste product’ may be the cancer-fighting breakthrough of the century*, June, 2008. p.2.
- 3) *ibid.* p.2.
- 4) *ibid.* p.2.
- 5) *ibid.* p.2
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