



Flax Seed: The Ultimate Recipe Guide (Paperback)

By Jonathan Doue M D, Encore Books

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. *GLUTEN FREE GRAIN FREE* Some call it one of the most powerful plant foods on the planet. There s some evidence it may help reduce your risk of heart disease, cancer, stroke, and diabetes. That s quite a tall order for a tiny seed that s been around for centuries. We have collected over 30 of the most delicious and best selling recipes from around the world. Enjoy! - Did You Know - Flax seed is high in fiber: You d be hard-pressed to find a food higher in fiber both soluble and insoluble than flax seed. Flax seed controls weight by consumption. It bulks up as it is digested, keeping a person full longer, Flax seed is high in both omega-3s. Eating flaxseed may lower your levels of bad cholesterol and reduce risk of developing cardiovascular problems like heart disease. Flax seed contains large amounts of lignan which may help inhibit the growth of tumors and protect against certain hormone-sensitive cancers. Just look at a few of the recipes found in this book! Flax Seed Waffles Flax Seed Carrot Cake...

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Reviews

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Comprehensive information! Its this sort of great go through. It really is rally interesting throug studying time. I am just quickly can get a satisfaction of looking at a created pdf.

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