



Flaxseed Recipes: Lose Weight, Gain Energy, Achieve Overall Wellness (Paperback)

By Michelle Bakeman

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Flax seed is a new super food that is taking the world by storm. This wonderful ingredient has numerous health benefits and can be incorporated into a variety of foods! Flax seed benefits include: -Reducing risk of heart disease - High in fiber -Reducing chances of diabetes -High in omega 3 -Reducing risk of cancer -And much more! Get started today!.



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