



## Health Benefits of Flaxseeds for Cooking and Health

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By M Usman, Managing Director John Davidson

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Health Benefits of Flaxseeds For Cooking and Health Table of Contents Getting Started Chapter # 1: Intro Chapter # 2: Nutritional Worth Chapter # 3: Selection and Storage Chapter # 4: Precautions Big Fiber Load: Oxidation/Rancidity: Cyanide: Flaxseed Oil, an alternative to Fish Oil? Health Benefits of Flaxseeds Chapter # 1: Introduction Chapter # 2: The Uniqueness of the Nutrients Chapter # 3: Cardiovascular Benefits Chapter # 4: Cancer Prevention Chapter # 5: Radio-protector Chapter # 6: Reduction in hot flashes Conclusion References Intro In this day and age, if it was said that flaxseed is the most underrated, natural product in terms of nutrition; the statement wouldn't be wrong. A very little percentage of people in the civilized world know about the existence of flaxseed, let alone about its wonders. And even those who can identify it call it by a different name, i.e. the linseed . Comprehensively speaking, flaxseeds are seeds acquired from the fruit of the flax plant. The seeds are of glossy brown appearance, although the color may vary according to the type...



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