

P. T. O.

## Benefits of Flaxseed Oil

The benefits of flaxseed oil are such that they put it in the Super Food category. It has been called "sunshine in a bottle" because biochemically it provides energy for the body much as the sun does. Did you know it could be eaten to help you with weight loss and even obesity?

The flax plant is one of the oldest known cultivated plants; references to the healing power of flax are found in Greek and Roman writings dating from 650 BC. It has traditionally been grown for it's fiber which is woven into linen and for it's seeds which provide oil and meal for food.

The benefits of flaxseed oil make it one of the healing fats or EFAs (essential fatty acids.) There are 2 of these, linoleic acid (LA) and alpha linolenic acid or LNA. Flaxseed is the richest source of alpha-linolenic acid and contains over 50% of it's fatty acids as LNA.

Biologically we need certain essential nutrients to live: vitamins, minerals, amino acids, and **essential fatty acids.**

There are many food sources for essential fatty acids. These are called the omega 3 sources and in addition to flaxseed they include avocado, fish and fish oils, raw nuts especially walnuts, seeds including sunflower, sesame, chia, flax, hemp oils, sunflower, sesame, walnut oil, and canola oil. If you haven't been getting enough of these good fats in your diet a good flaxseed oil that is properly packaged is the richest supplementation. It is the most delicate food oil of all and deteriorates rapidly when exposed to light, oxygen or heat.

Flaxseed oil is a therapeutic oil and could be used for essential fatty acid deficiency and as part of a natural therapy program:

- cancer
- inflammation
- cardiovascular disease
- MS
- arthritis
- high blood pressure
- high triglycerides
- diabetes
- fat loss
- obesity

**\* Follow the directions on the bottle or consult with a naturopathic physician.**

More benefits of flaxseed oil are:

- Flaxseed oil is a beneficial natural treatment for degenerative diseases such as cardiovascular disease, cancer, diabetes and allergies.
- Flaxseed oil is useful in infant nutrition.
- Flaxseed oil will improve athletic performance.
- Flaxseed oil has been used to keep pets healthy.
- Flaxseed oil can prevent and treat constipation.



- Flaxseed oil is good for digestion.

If you are not *deficient* in the omega 3s, you can eat freshly ground seeds! A tablespoon of flaxseed meal is the equivalent of 1 teaspoon of flaxseed oil. Flaxseed meal is a wonderful food to eat every day on your cereal or in your smoothie. It is one way to be sure you are getting your essential fatty acids every day. Keep it in the refrigerator as it is highly perishable.

## What It Means for Losing Fat

This is where the benefits of flaxseed oil become so interesting because we have been indoctrinated to believe that we shouldn't eat fats if we need to lose fat. And it's true that we should cut way back on animal fats for good weight management.

To be healthy we should eat absolutely NO trans fats or hydrogenated fats which have been called the "killer fats." Read labels to know whether a processed food has trans fats or hydrogenated fats. These have been exposed to light, heat and oxidation.

The plant fats and fish fats are the essential fatty acids and are in a different category altogether. These are the fats that *heal and burn fat*.

### Benefits of flaxseed oil for losing fat are:

- Flaxseed oil can make fats burn more rapidly.
- EFAs help the kidneys release water.
- Essential fatty acids can increase metabolic rate, oxidation rate and energy production.

**\*When you have increased energy you feel like exercising more and thus you burn more calories. Energy production is health promoting in many ways by getting essential nutrients into the cells.\***

- Flaxseed oil will help to stabilize your blood sugar.

At least 25 - 30% of what you eat each day should be some good fat which can be of course in the food you are eating. It sounds paradoxical but it's true. It's not *whether* you should eat fats, the question is *what kind of fats*.

The omega 3 sources (especially flaxseed oil) are the foods that burn belly fat, the most difficult of the adipose tissue to release.

To get the benefits of flaxseed oil you to be eating in a balanced, sensible, low glycemic way and exercising daily.

Udo Erasmus, PhD is an internationally recognized authority on the subject of essential fatty acids. He notes that when you diet your metabolism slows down because you are restricting calories. He goes on to say that there is some evidence that gross overeating only occurs in about 10% of obesity cases. *The other 90% are lacking exercise and choosing foods that are lacking essential nutrients.*

This is the fundamental premise for this website. Losing fat permanently is about restoring your health!

You need basic vitamins and minerals to support the transport of fatty acids into your cells and

for optimum metabolism. You need to eat lots of fruits and vegetables, whole grains and good quality protein along with the EFAs. This will ensure that you are getting fiber as well as the nutrients. If you are using flaxseed oil therapeutically it is advised to take a food form vitamin and mineral supplement to be sure you are getting what you need.

If your bmi is higher than 30 talk to your doctor about the benefits of flaxseed oil for your weight loss program. You need to be able to get daily exercise and be eating a balanced low glycemic diet. You need to **overwhelm your body with the fruits and vegetables and some lean protein.** You could do this by juicing greens and eating 5 - 8 servings of vegetables and fruit a day.

If you are deficient in EFAs there could be wonderful benefits of flaxseed oil when added to your diet. In his book, Fats That Heal. Fats That Kill, Udo Erasmus tells the story of a woman in California who lost 80 pounds of excess fat by adding 3 tablespoons of fresh flaxseed oil to her dietary program. She was already eating a nutritious diet but was apparently deficient in the essential fatty acids. The addition of the flaxseed oil allowed her to finally burn the excess fat. When you get the nutrients you are deficient your body is supported in it's healing efforts.

If you decide to add flaxseed oil to your fat loss program because you haven't been getting enough EFAs, take a vitamin/mineral to support your metabolism. Plan to eat the extra flaxseed oil for just 6 months because it is so rich in LNA that long term it could throw off your balance of omega 3s to omega 6s. Follow the dietary guidelines outlined here, eat the low glycemic carbohydrates and be sure to exercise every day.

The benefits of flaxseed oil can be profound. It can improve digestion, prevent and reverse constipation, stabilize blood glucose levels, improve cardiovascular health and inhibit tumor formation. If you have been overweight for a long time and eating lots of high glycemic carbohydrates (white foods and starches) and few EFAs then this may be something you want to consider.

\* If you are obese (bmi above 30) consult with a doctor before starting any type of therapeutic program. There are many medical complications associated with obesity. This website is not a substitute for medical care for any disease.

5:49am September 28, 2016

# Aussie student develops ground-breaking 'superbug' killer



By

Ehsan Knopf

Malaysian woman Shu Lam, 26; methicillin-resistant *Staphylococcus aureus* bacteria. (Twitter/shujlam/AFP)

A Melbourne PhD student believes she has found the solution to the growing drug-resistant "superbug" health crisis.

Malaysian woman Shu Lam, 25, and her research team at the University of Melbourne have developed an innovative method for killing infectious bacteria where conventional antibiotics have begun to fail, the [Telegraph UK](#) reports.

Using special star-shaped nano-engineered molecules, the team has been able to specifically target bacteria and kill it in a number of ways, while preserving healthy body cells normally damaged by antibiotics.

"One method is by physically disrupting or breaking apart the cell wall of the bacteria. This creates a lot of stress on the bacteria and causes it to start killing itself," Ms Lam told the Telegraph UK.

Ms Lam believes the molecules offer a viable alternative to antibiotics, and published her findings earlier this month.

The research comes amid growing concern over the rise of multi-drug resistant "superbugs", with United Nations Secretary-General Ban Ki-moon describing the phenomenon as a "fundamental threat" to global health last week.

Superbugs are estimated to kill 700,000 people a year, with one study suggesting this number could rise to 10 million a year by 2050.

Ms Lam said she herself had encountered "a lot" of anecdotal evidence of the toll superbug infections have begun to take on the public.

"Suddenly, a lot of people have been telling me that either they themselves or their relatives have been infected, that they have been in intensive care because of a superbug, and that people they know have actually died," she said.

"I really hope that the polymers we are trying to develop here could eventually be a solution."

P. TO

# Science award-winner credits refugee story for required tenacity and optimism

**SBS World News Radio: A tumultuous journey to Australia, a positive attitude and relentless work ethic have combined to land a Melbourne researcher a coveted national award.**

By Luke Waters

12 JUL - 6:10 PM UPDATED 12 JUL - 6:10 PM  
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Each week scientist Dr Tien Huynh spends hours in a greenhouse in Melbourne's north, tending the Asian plant known as "Red-Gale".

Dr Huynh is researching its potential to help treat some forms of cancer.

"Carcinomas, melanoma and a few other breast cancers. We've had other students work on it - very effective, we're talking about 80-98 per cent killing of them but it leaves normal cells alive."

Tien Huynh spent her early childhood in Vietnam under house arrest.

Her father, an officer in the South Vietnamese army, was exiled after the war and arrived in Australia in the early 1980s.

The rest of the family followed soon after.

Six year-old Tien, her mother and four year-old sister boarded a four-metre timber boat and made the trip from Vietnam to Indonesia.

They then took another voyage from Indonesia to Melbourne, where they reunited with Tien's father.

Dr Huynh says she is inspired by her mother's strength and tenacity.

"She wanted us to have a future and freedom and she just decided she was going to sacrifice everything. It was all-or-nothing to go on this journey to Australia and I think it's quite remarkable."

It engendered a can-do attitude and sense of optimism in young Tien Huynh, the only Asian female in her university science class.

"It was daunting but it was a challenge. It was exciting, like you were the first one there and the first one to make those changes with your perspective and I think that's what was a strength as well. I focus a lot of my research on Asian medicinal plants and to me I see that as an opportunity that I've got because of my background and difference in culture."

It was another high-achieving woman, scientist Adjunct Professor Ann Lawrence, who inspired the young Dr Huynh.

"She passed her knowledge to me so generously giving me that inspiration and the passion. If I can do that to my own students then I think it's a great homage to her."

Dr Tien Huynh is now mentoring Dao Nguyen, a masters graduate from a Vietnamese University.

The pair is collaborating on the "Red Oak" research project.

"She's a great lecturer and she has a big ambition how to inspire other women that they can do anything that they love to do."

It's landed Dr Huynh a coveted national "STEM" award for her work as a role model for young women in the field of science, which will be formally presented at a ceremony next month.