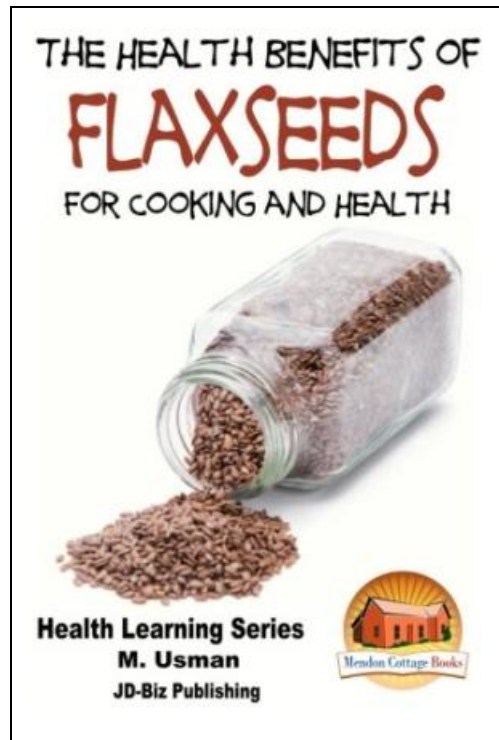


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Reviews

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(Prof. Mauricio Howe III)*

HEALTH BENEFITS OF FLAXSEEDS FOR COOKING AND HEALTH



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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 and resemble the seeds of a watermelon in shape. The plant is one of the easiest cultivated crops and can be found in both tropical and subtropical environments. There is no need to open encyclopedias to learn about the wonders of flax; its importance in our everyday life can be established simply by breaking down and studying its scientific name, *Linum usitatissimum*. The *linum* part of the name sounds much like the fabric linen and it is by no coincidence that the fabric is a product of the flax plant. The second part of the word when translated from Latin...



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