

# HIRA FLAXSEED OIL

## Hira Cold Pressed Flax Seed Oil

Grown in New Zealand and made from certified Bio-Gro organic flaxseed *Linum usitatissimum*. This oil has been extracted using an expeller press, not exposed to artificial heat at any stage of the process and has been bottled in amber glass and nitrogen capped.

### STORAGE:

Must be kept in a cool dark place. Once opened keep refrigerated and use within six to eight weeks. Do NOT use for frying.

### INGREDIENTS:

- High quality Omega 3 (60%) Omega 6 (18%) Omega 9 (18%) fatty acids
- Mixed with its own naturally occurring anti-oxidants 15mg tocopherols (vitamin E) 1100mg carotenoids (vitamin D) per 100gm
- Essential fatty acids which the body requires but cannot manufacture.
- Major minerals (potassium, phosphorous, calcium, magnesium, sulphur, iron, zinc, sodium, chlorine) plus trace elements.

### HEALTH FACTS

#### Research show the following:

- Fats (lipids) are vital for all growth processes, renewal of cells, brain and nerve function, sensory organs and the metabolism of food.
- Each cell in our body is covered with a layer of lipids.
- The plasma inside the cell has a web of electrically charged lipid veins which these depend on Omega 3 oils.

#### As a Fitness Boost

- This 'alive' polyunsaturated oil contains accumulated energy in its electron clouds. When this combines with protein, the electrons are protected until the body requires energy.
- Flaxseed oil steps up the metabolism and assists in the oxygenation of cells.

#### For Degenerative Conditions

- Flaxseed oil may help in reducing inflammation by balancing prostaglandins E1 and E3 against E2, the inflammatory prostaglandin that causes pain and swelling.

#### Skin

- Flaxseed oil taken daily helps restore skin elasticity, moisture and oil levels. Reduces dry scaly patches.
- Eczema, psoriasis etc have been partly related to Omega 3 deficiency.
- The positive effects of 1 tablespoon of flaxseed oil daily will be evident after a few weeks. The skin will be more hydrated, with a noticeably improved texture. For very dry skin, the addition of half a teaspoon of CO<sup>2</sup> cold-extracted Hira Evening Primrose Oil will supply the additional Gamma Linolenic Acid (an essential fatty acid that is lacking in sufficient quantity in Flaxseed Oil)

#### Heart and Circulatory Conditions.

- Many people suffer from an oxygen shortage simply because they are deficient in these oxygen active lipids.
- 1 dessert spoon daily of flaxseed helps lower blood pressure by 'cleaning' the arteries of cholesterol and fat deposits.
- Flaxseed oil and evening primrose oil will reduce blood viscosity (making it thinner) and lower lipid levels in the blood. (lipids are fats that can oxidise into transfatty acids that are detrimental to health).
- The essential fatty acids in flaxseed may help prevent ischemia ( the damage to body tissue that results from the disruption of blood).

#### Cancer

- Dr Budwig (research biochemist) found that those with precancerous conditions were always without exception deficient in linoleic acid the parent compound of Omega 3. She reasoned that victims of a fatty acid degeneration could be restored to health by supplying a diet high in essential fatty acids and sulphur base proteins.

## HIRA FLAXSEED HEALTH LASSI RECIPES

### **Note:**

To improve the health-giving properties by making the oil soluble in water/blood, it is very important to mix in a sulphur based protein like cottage cheese.

### **Important**

This lassi must be drunk as soon as it is made.

### **Basic Lassi Recipe**

Blend the following together using a simple stick blender

Half a cup of plain yoghurt  
1 tablespoon of cottage cheese  
1 tablespoon of flaxseed Oil.  
1 banana  
Quarter of a cup of mango pulp

### **Joint Supreme with Glucosamine sulphate powder.**

As we age, the body's ability to convert glucose and glutamine to glucosamine declines. Glucosamine supplement will help restore this process which will address the viscosity (thickness) of synovial (joint) fluid and promote cartilage production. Glucosamine is derived from shrimp & crab shells. Do not use if you have an allergy to these substances or to shellfish.

Add to the basic recipe  
quarter tsp of glucosamine sulphate  
1 tsp of ashwagandha tincture

### **High Energy Sports Boost**

Take this half an hour before vigorous exercise. Add to the above  
1 tsp of spirulina powder  
1 tsp of ginkgo  
Half tsp of ashwagandha.  
Half tsp of freshly ground cinnamon,

### **Allergy Sooth**

Add to the above  
1 tsp of chamomile tincture  
half a tsp of vitamin C powder  
1 tsp powdered nettle or tincture  
half tsp crushed ginger.

### **Hormone Balancer**

Add to the basic recipe  
Half a teaspoon each of Vitex agnes and black cohosh.  
1 teaspoon of freshly ground flaxseed  
1 tsp of freshly ground cinnamon, licorice root and aniseed.