

FLAXSEED AND LIGNANS

Lignans are a type of phytoestrogen - naturally occurring plant compounds that have a chemical structure similar to the human hormone estrogen, though much weaker. They're classified as polyphenolic compounds and are found in various plant foods, but flaxseeds contain exceptionally high concentrations.

What makes lignans special:

Lignans act as selective estrogen receptor modulators (SERMs) in the body. This means they can have both estrogen-like and anti-estrogenic effects depending on your body's current hormone levels and needs. When estrogen levels are low, lignans can provide mild estrogenic activity.

When estrogen levels are high, they may block some estrogen receptors and have an anti-estrogenic effect.

Why flaxseeds are particularly important:

Flaxseeds contain 75-800 times more lignans than other plant foods. These metabolites are what provide many of the health benefits.

Key benefits of flaxseed lignans:

The high lignan content may help reduce the risk of hormone-sensitive cancers, particularly breast and prostate cancer.

Research suggests lignans may help balance hormone levels, reduce inflammation, support cardiovascular health by improving cholesterol profiles, and provide antioxidant protection against cellular damage.

The lignans work synergistically with flaxseeds' other beneficial components - omega-3 fatty acids and soluble fiber - making whole flaxseeds or freshly ground flaxseed meal particularly valuable additions to the diet.

For optimal lignan absorption, it's best to consume ground flaxseeds rather than whole seeds, as the tough outer hull can prevent proper digestion.

FLAXSEEDS:

Hidden within the humble flaxseed lies one of nature's most fascinating molecular shapeshifters. These tiny brown seeds pack up to 800 times more lignans than any other

food - powerful plant compounds that can actually read your body's hormonal landscape and adapt their effects accordingly.

Acting like molecular chameleons, lignans from flaxseeds transform in your gut into compounds that know when to mimic estrogen and when to block it, making them potential allies in everything from cancer prevention to hormonal balance.

It's this remarkable ability to be both hormone-like and hormone-blocking that makes flaxseeds far more than just another health food – they are nature's own intelligent hormone modulators, working behind the scenes to help your body find its optimal balance.

First you need to get your "Fatty Acid Index Test" to help us determine your need for hormonal help. We just don't chase the symptoms around to give you short-term relief.

Our "Fatty Acid Index Test" can help us, help you normalize your hormone challenges and maintain this important balance lifelong.

Call our HealthQuest Radio Hotline at 800-794-1855 to reserve your test today!