|  |  |  |  |
| --- | --- | --- | --- |
| Register for blogger conference in Seattle: https://www.zephyradventures.com/IFBCblogger.htm  http://campblogaway.com/ Ca in May  posted on AMAZON review of cookbook.  Jul 1, 2013 7:36:15 AM PDT  **L. Mills** says:  Thank you so much for alerting readers to the potential dangers/side-effects of flax. After recently purchasing the cookbook, I like you, was quite concerned that this prominent doctor packed most of his recipes with this controversial ingredient. Flax should NEVER be consumed in large quantities, and this is a known fact in the natural wellness community. It is a potent phyto-estrogen, and even small amounts of flax seed oil can be hazardous for some people. While I'm totally on board with Dr. Davis on the need to ditch wheat, I'm rather sorry I even purchased the cookbook. Finding a reasonable substitute for the flax seed could prove too time-consuming and costly, and there are many low glycemic/wheat free cookbooks out  Hi Judy  Sweden government:  As promised, I'm forwarding the official information on flax seed. Per was good enough to dig it out for me.  It's in Swedish, but in summary it says that 1-2 table spoons of whole flax seeds, as in traditional usage as a laxative, is probably safe for long term usage. No toxic effects are known at these doses. That crushed or ground flax increases the availability of the toxins, but that baking/high temperatures lowers the toxin levels.  That given studies in Africa of kassava, containing the same cyanide-like toxins, cronic exposure in sub-acute doses will inhibit or damage the thyroid, and cause neurological damage such as paralysis.  Intag av 3-10 matskedar krossat linfrö ger en påtaglig cyanidexponering som kan vara skadlig vid långtidsanvändning, men innebär knappast någon risk för akut förgiftning. Vid sjukdom eller undernäring (fasta) kan dock kroppens förmåga att avgifta cyanid vara nedsatt. En person som tuggade på 150 ml linfrö varje dag fick vaga neurologiska symtom, som troligen berodde på cyanidexponeringen (1).  "Consumption of 3-10 tablespoons of crushed flax seeds gives a noticable exposure to cyanide which can be harmful in long term use, but hardly any risk of acute poisoning. However, during illness or malnourishment (fastning) the body's ability to detoxify cyanide may be deminished. One person chewing 150ml flax seed every day showed vague neurological symptoms, probably caused by cyanide exposure."  They point out that combined with smoking, the cyanide exposure increases. (Don't flax and smoke) Rekommendationer Intaget av linfrö bör begränsas till den traditionella doseringen 1-2 matskedar dagligen. Detta medför inte någon förgiftningsrisk. Hela frön bör användas eftersom de ger upphov till mindre mängder cyanid än krossade. Livsmedelsverket avråder från intag av krossat eller malt linfrö som livsmedel för att tillgodose fettsyrebehov. Man bör vara uppmärksam på att överdrivna intag av linfrö eller nya beredningar av linfrön kan leda till intag av cyanid som kan vara skadliga (3).  "Recommendations The consumtion of flax seeds should be limited to traditional dosage of 1-2 table spoons per day. This does not cause any risk of poisoning. Whole seeds should be used as they provide less ~~amount of~~ cyanide than crushed ones. The National Food Agency discourages use of crushed or ground flax seeds as a food (victual) to provide fatty acid needs. You should be aware that excessive intake of flax seeds or preparations of flax seeds can lead to intake levels of cyanide which can be harmful."  The word they use for "discourage" is pretty strong, and has no qualifiers.  <http://www.slv.se/sv/grupp1/Risker-med-mat/Vaxtgifter/Linfro/>  I hope this helps  Katarina  more from Katarina:  Ha ha, "eating candles," you are so funny! We used lindseed oil as a solvent for our painnts when I was an art student and we had to put our cleaning rags in a can with a metal lid. I had forgotten about that.    I have a lot of links in my article about the estrogen content of flax (<http://carbwars.blogspot.com/2013/02/wheat-belly-cookbook-review-is-flax-new_3.html>) but I don't know how reliable they are.    I think flax became a "health food" when people started to fear animal foods. They knew they needed the omega-3s, which are hard to find in plants. If a vegan who was deficient in omega-3 added flax to his diet, perhaps it would look like a super food.    It is interesting that the material you sent me recommends eating the seeds whole because the cyanide is only available when they are ground. The omega-3 is also not available from the whole seed--whole flax will still act as a laxative, but the nutrients are not usable until it is ground!!    Thanks for the information.  In a message dated 6/12/2013 11:57:30 P.M. Pacific Daylight Time, katarina.wikholm@bredband.net writes:  Hi Judy  It's sorted under Risker med mat/Växtgifter, which translates into Risks with food/Plant toxins. That's probably why.  But I find the suggestion of low dose, long term usage of cyanide-containing foods impacting the thyroid very suggestive of some of the health issues that dodge both occasional low carbers, but also within the health food community. (You know, the biodynamic crowd, often low fat, often vegan, occasionally raw food, the müsli people )   If you find good scientific or official sources for the estrogen content, not just what someone worried about on a blog, I'm very interested in reading that material.  The agency who provided these recommendations is the equivalent of FDA - it's split in Sweden, the "FA" and "DA" branches are two different agencies.  Per is reading up on fats and plant oils.  We find it very strange that flaxseed oil is promoted as a healthy oil to ingest, with claims that it is traditional in Scandinavia. It is very traditional here, a side-product from cloth production, but as a paint base. You bought it in 10 liter pails in the hard ware store for painting wooden window frames and porch furniture. I remember using it as a kid, and it's intensly flamable. You had to keep used rags and tissues under water or they might spontaneously combust. I had never seen it suggested as edible until maybe 10 years ago, when it popped up in stores in pretty glass bottles.  I could be wrong and flaxseed oil could be a wonder food. I really don't know, it just feels odd. Like eating candles, or something.  Katarina | |  |  | | --- | --- | | [**Kat Littlecrow**](http://www.facebook.com/n/?profile.php&id=100000438687105&mid=7e3c259G5af3cec79119G15495beG85&bcode=1.1366934827.Abmc-zwYXmunMbrh&n_m=jbarnesbaker%40aol.com) | 5:07pm Apr 25 |   The husband was on satins when doctors found out we were trying to conceive they took him off his sperm count went from 5000 to 28000 turns out it kills sperm as they need cholesterol to form right |

**Mercola**

**Story at-a-glance**

* A classification system called the Resin Identification Code, which is the number printed on the bottom of most plastic bottles and food containers, describes what kind of plastic resin the product is made out of.
* The most toxic plastics are #7, #3 and #6, while those that may be somewhat safer include #1, #2, #4 and #5.
* Ninety-five percent of all plastic products tested were positive for estrogenic activity, meaning they contain chemicals that can potentially disrupt your hormones and cause other adverse health effects.
* If at all possible, seek to purchase products that are not made from or packaged in plastic.

BPA gender benders: http://www.naturalnews.com/040056\_BPA\_FDA\_infertility.html

That's an interesting suggestion, Richard. I think we've probably written enough here for several articles---maybe even a book!

Michael, I think you are right that many of our problems are the result of damage caused by diverse factors, and unhealthy gut bacteria is likely one of them. Red meat from factory farmed animals contains antibiotics and hormones that they are given to make them bigger and help them survive the horrific, crowded conditions of the feed lots where they are fattened. Factory farmed beef are fed a high-carb diet of corn and soy that makes them fat, just like it makes people fat, but it also changes the ratio of the kinds of fat their meat contains. It will contain more pro -inflammatory omega-6 fats (the kind in grains, beans, and vegetable oils) and less of the anti-inflammatory omega-3s (the kind found in natural lard, poultry, and fish). That's why I recommend eating pastured meat if at all possible.

Also, most processed foods contain preservatives that we ingest along with the food and that probably destroys a lot of the microbes that live in our digestive tracts too. We are just starting to realize how important our internal "guests" actually are. If you read the post about the herbivores that I mentioned above, it explains that even the animals that appear to eat a totally vegan diet get their nutrition by consuming the bacteria that live in their fermentation tanks (ruminants) or cecums (hind-gut digesters like gorillas). The microbes provide buterates, which are saturated fats, and that is what the herbivore is actually living on.

Another issue is modern grains, especially wheat. Jared Diamond called the advent of agriculture, when humans started farming grains, the "worst mistake the human race ever made." Grains are a recent addition to our diet, as wild grains were not edible. It was a sort of deal with the devil that allowed us to over-populate the planet, but we paid a price for it. Our hunter-gatherer ancestors were on average 4 to 6 inches taller than we are, and they were stronger, healthier, and perhaps better looking and smarter too. What we now call the "diseases of civilization," cancer, heart disease, arthritis, diabetes, obesity, etc. can be traced to when we started to eat sugar and grains. Dr. Wm. Davis, author of "Wheat Belly," says that modern wheat is the worst offender, and that it is strongly linked to mental illness and addiction..

traced to when we started to eat sugar and grains as dietary staples. Dr. Wm. Davis, author of "Wheat Belly," says that modern wheat is the worst offender, and that it is strongly linked to mental illness and addiction as well as obesity, diabetes, and auto-immune diseases.

I first wrote about the history of how we mistakenly came to believe that natural fats caused heart disease in my first book "Carb Wars; Sugar is the New Fat," in 2007. There was already a ton of science, much of it well known in the 1950s, that showed that everything that we now blame on fat is really caused by excess sugar (and the trans fats and artificial fats that replaced healthful fats) when a Senate committee headed by George McGovern made the decision to advise everyone over the age of 2 to eat less fat and more carbohydrates. This was a decision made by politicains, not researchers or doctors. The obesity and diabetes epidemics and many other things that have gotten worse in the last 30 to 40 years coincide perfectly with the fat phobia that resulted.

Much more research has followed that continues to show the real cause of heart disease.

Here is a blog post that lists some of the studies that show that low-carb beats low-fat: http://carbwars.blogspot.com/2011/04/response-to-new-dietary-guidelines-for.html

And here is one that shows that lowering cholesterol leads to More heart attacks, not fewer: http://carbwars.blogspot.com/search?q=heart+dis

Gary Taubes, the most awarded science writer in the world, tells how it all came about in his books, "Good Calories, Bad Calories" and "Why We Get Fat and What to Do About It. If you are on the fence about what diet is best, his books are sure to convince you.

Scientific studies showing low-carb beats low-fat: http://carbwars.blogspot.com/2011/04/response-to-new-dietary-guidelines-for.html

Lowering cholesterol leads to More heart attacks, not fewer: http://carbwars.blogspot.com/search?q=heart+dis

http://tv.greenmedinfo.com/boy-recovers-from-autism-after-going-gluten-free/

Ethan Fox never slept more than two hours at a time.  He did not speak.  He ran continuously, day and night, until he would collapse from exhaustion.  After a short nap, he would awaken and run again.

At one year of age, Ethan was diagnosed with autism.  At 20 months, after being written off by other physicians, he was placed on a gluten-free, dairy-free diet by Dr. Kenneth Bock, autism specialist and author of “What Your Family Needs To Know About Autism Spectrum Disorders.”

According to Ethan’s mother, Tracy Fox, results were seen within three days on a gluten-free, dairy-free diet. Ethan slept through the night, spoke his first words and has never had a problem since.  *Now age 6, he is at the top of his class at school with a 97%  average…and virtually no one knows he was ever diagnosed with autism.*

**Watch this video and spread the word – to parents and health providers.**  Although it seems logical to apply nutrition and identification of food sensitivities (for example, gluten and casein) before pharmaceuticals would be prescribed, the opposite is the standard approach to care. With more and more examples like Ethan’s coming to light, it is unacceptable that medical professionals and researchers should discount dietary intervention as a treatment.

**Finally, that Ethan experienced such a profound change within three days suggests that his brain was affected by gluten directly – either by causing an inflammatory response or by some acting almost like a drug.**  This type of [*gluten sensitivity*](http://glutenfreeworks.com/gluten-disorders/gluten-sensitivity/) or casein sensitivity is inexplicably discounted by autism thought leaders, yet appears repeatedly in the medical literature over the past five decades.

Author Information: John Libonati, Philadelphia, PA  
Publisher, [Glutenfreeworks.com](http://www.glutenfreeworks.com/).  
Editor & Publisher, [Recognizing Celiac Disease](http://www.recognizingceliacdisease.com/).  
John can be reached by [e-mail here](mailto:john.libonati@glutenfreeworks.com).

===

The "Twinkie defense" makes more sense now too.

http://www.ancestryfoundation.org/-call-for-presentation-proposals.html

http://vimeo.com/52872503 panel on safe starches Ron Rosedale great!

Free book's website http://fasttractdigestion.com/

http://www.independent.co.uk/life-style/health-and-families/healthy-living/how-our-vegan-diet-made-us-ill-848322.html

BOSTON (CBS) – We’ve all heard the saying, ‘you are what you eat’, and now some believe [food choices](http://www.amazon.com/gp/product/B005DI8DXU/ref=as_li_ss_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=B005DI8DXU&linkCode=as2&tag=cbs-headlines-foodmoodbook-20) may actually contribute to anger and violent behavior. Jeff Resnick believes it; he even knows what sets him off. “I can get irritable, absolutely, when I’ve had too much of the carbs,” he said.

Nutritionist Nicolette Pace says carbs can make you feel good, but it doesn’t last. “They don’t give your body what you need to cope with day-to-day stresses,” she said. Pace agrees that there is a [connection between anger and food](http://www.amazon.com/gp/product/B005DI8DXU/ref=as_li_ss_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=B005DI8DXU&linkCode=as2&tag=cbs-headlines-foodmoodbook-20). “Deficiencies in nutrients, magnesium or manganese, vitamin C, or some B vitamins may make a person hyperactive towards a stressor, a short fuse so to speak,” she explained.

Pace and other nutritionists say if you eat plenty of fish, eggs, beans, fruits and green leafy vegetables, you should have the nutrients you need. However, people who tend to eat a diet loaded with processed or packaged foods could find themselves more easily irritated.

Dr. Drew Ramsey says it’s all about the brain. “The gears just don’t run as well, so you are going to feel more irritable,” he said. According to Ramsey, without the proper nutrients, the body can’t make chemicals like serotonin which is necessary for clear thinking and good mood.

Being moody isn’t the worst thing that can happen. “Deficiencies in these nutrients have been correlated strongly with either increases in aggressive behavior and/or violent acts,” Pace explained.

To test that theory, Oxford University researchers gave vitamin supplements to prison inmates. They found it led to less aggressive behavior. “I think it does demonstrate there is something to nutrient deficiencies giving people a propensity toward violence,” Ramsey said.

According to Pace, adjusting your diet could produce a noticeable change. “You’ll see that you have the ability to cope, producing less aggression to stressful situations.”

## From a site that sells flax: [Flax Seed for Natural Estrogen Replacement](http://naturalestrogenreplacement.org/flax-seed-for-natural-estrogen-replacement/) http://naturalestrogenreplacement.org/flax-seed-for-natural-estrogen-replacement/

Author: admin Flax Seed for natural estrogen replacement. Flax seed is known to be one of the best sources of natural estrogen. In fact, one of the main components of flax is lignan, a plant estrogen and antioxidants and flax contains up to 700 times more lignans, than other plant based foods contain. Making it an excellent source of plant based estrogen.

As with any good thing you have to be cautious on excessive consumption. Excessive consumption of flax seeds with inadequate consumption of water can cause bowel obstruction or blockage. Proper hydration is important and anyone wanting to supplement their diet with Flax Seed aiming for naturally estrogen replacement should consult their physician and discuss the pros and cons of using Flax seed for that purpose.

Study from NYU that contains warnings at end: http://www.med.nyu.edu/content?ChunkIID=21801 and here http://www.med.nyu.edu/content?ChunkIID=21714:

http://articles.mercola.com/sites/articles/archive/2013/03/09/household-chemical-exposure.aspx?e\_cid=20130309\_DNL\_art\_1&utm\_source=dnl&utm\_medium=email&utm\_content=art1&utm\_campaign=20130309

<http://equinexia.jimdo.com/chia_seed_versus_flaxseed.php> Jennifer's article mentioned this link.

|  |  |  |  |
| --- | --- | --- | --- |
|  | |  |  | | --- | --- | | [**Joan Mercantini**](https://www.facebook.com/jmercantini) | 11:03am Mar 2 |   I really want to know more about flaxseed, some of these links are really interesting. <http://www.facebook.com/l/zAQEdJnPvAQG0xR8C3QDnKi41RSXcZ69XWUnTzHB4_KZO5g/www.bottomlinepublications.com/content/article/health-a-healing/flax-seed-ancient-health-secret-turned-21st-century-power-food>  Dr. Leo Galland on How and Why You Should Eat Flax Seeds <http://www.facebook.com/l/wAQHGHiRFAQF8TD3ypGiMfyDttbU2npDFybGM95QWzlEuvA/flaxseedsecrets.blogspot.ca/2011_10_01_archive.html> |

|  |  |  |  |
| --- | --- | --- | --- |
|  | |  |  | | --- | --- | | [**Joan Mercantini**](https://www.facebook.com/jmercantini) | 11:05am Mar 2 |   <http://www.facebook.com/l/NAQGza4-UAQEXD6ruFB7Gh8esvqCar5NfzOfy8qQuoWp8dg/www.livestrong.com/article/530366-can-any-supplements-raise-your-triglycerides/> Flaxseed Flaxseed, but not flaxseed oil, proves “likely effective” in reducing LDL cholesterol, according to MedlinePlus. But if you take flaxseed with reduced alpha-linolenic acid, sometimes called partially defatted flaxseed, it could increase your triglycerides by 10 percent, according to MedlinePlus. If your triglycerides currently measure 150 mg/dL, a 10-percent increase would raise your triglycerides to 165 mg/dL. To protect your triglyceride levels and overall heart health, choose full-fat flaxseed. MedlinePlus says you can reduce LDL cholesterol if you take 40 g to 50 g daily. Flaxseed oil does not affect LDL or triglycerides. |

More info on flax <http://www.facebook.com/l/BAQFybix-AQEyzxF_5b--M_smEeyN5-0w3ruhI3HfEhHFMg/whfoods.org/genpage.php?tname=dailytip&dbid=18>  
  
Studies testing the amount of omega-3 fat in baked goods indicate no significant breakdown or loss of beneficial fats occurs in baking. For example, in one study, the ALA content of muffins containing 25 grams of flaxseeds was not significantly reduced after baking. Researchers speculate that the omega-3 fats in flaxseed are resistant to heat because they are not isolated but rather are present in a matrix of other compounds that the flaxseeds contain, including the lignan phytonutrients that have antioxidant properties.   
  
Manthey FA, Lee RE, Hall CA 3rd. Processing and cooking effects on lipid content and stability of alpha-linolenic acid in spaghetti containing ground flaxseed. J Agric Food Chem. 2002 Mar 13;50(6):1668-71.   
  
For more info check link and references  
  
<http://www.facebook.com/l/sAQF4T8HfAQGxJxupLPM3x-I2sHgIBbyQXpxYW6qNePgwzQ/www.livestrong.com/article/419796-can-ground-flaxseed-be-baked-or-cooked/>  
  
If you're eating ground flaxseeds for the omega-3 fatty acids and expose them to the heat of baking or cooking, plan to eat the food in which you have included them in a few days, so that the freshness of the oil does not degrade.   
  
Don't worry about the cooking temperature affecting ground flaxseed, though. High temperatures do not affect alpha-linolenic acid, the type of omega-3 fatty acid found in flaxseeds. In fact, Dr. Frank Sacks, professor of cardiovascular disease prevention at the Harvard School of Public Health, has observed that ALAs can be found even in oil that was used for frying, provided that the oil is relatively fresh.

|  |  |
| --- | --- |
| [**WHFoods: Are flaxseeds still nutritious even after they are heated or baked?**](http://www.facebook.com/l/zAQEdJnPvAQFTryqO0c0H7B1R0eMTodS43M76R_n6wb43SA/whfoods.org/genpage.php?tname=dailytip&dbid=18)   |  | | --- | | **whfoods.org** |   Non-profit foundation providing reliable, scientifically accurate, personalized information for conv... |

[**Joan Mercantini**](https://www.facebook.com/jmercantini) Thanks for the post on WB. This is very important to me as I am coming off Premarin after 23 years. The info on flax was great as I know I must eliminate estrogen mimicking foods and this reinforced it.  
I just started drinking apple cider vinegar and water and it seems to be helping. Have you heard of this remedy for hot flashes?   
Best Joan [**Joan Mercantini**](https://www.facebook.com/jmercantini)

Hey Judy:  
Just received the following message from Nora:

In short, yes--I agree. I don't use flax oil or flax meal at all for  
anything. I just don't see the point. --And yes I believe there are risks  
from both the overwhelming rancidity of flax oil and flax meal but also all  
the phytoestrogens.

William Davis's book has quite a few shortcomings, though I applaud him for  
addressing the subject matter...I just wish someone who knew more and had a  
better command of the subject had written it. --Keep an eye out, though for  
Dr. David Perlmutter's upcoming book: "Grain Brain". --Now THAT guy knows  
something!---Warmly, ~Nora

Nora Gedgaudas, CNS, CNT---Board Certified Neurofeedback Specialist   
--Board Certified in Holistic NutritionT Certified Nutritional Therapist--Office: (503) 274-7733

I got a recipe today from Wheat Belly and asked about the flax. Will let you know what they say  
Cheers--Joan

==

|  |
| --- |
| Oils for Omega-3 FattyAcids |

|  |
| --- |
| Written by Mary G. Enig, PhD |
| Saturday, 30 September 2000 20:48 |
| Flaxseed and flaxseed oil are currently recognized as appropriate sources of omega-3 fatty acids by several US government agencies, including USDA and NIH. These agencies have held conferences and workshops on the importance of omega-3 fat , which have included recommendations for consuming flaxseed.1  There are, however, present-day challengers on the Internet to the use of flax as food. The Now Age Press website is a typical example. Critics take issue with any statement made in recent years that refers to flaxseed as having a history as a "staple" food in any culture. These critics will admit only to the use of flaxseed as food in times of famine. In addition to their challenge to the notion of the use of flaxseed or flaxseed oil as food in antiquity, as well as to aspects of safety related to the presence of lignans and various anti-nutrients such as cyanogenic glycosides in flaxseed, the writers for these websites make substantive mistakes about composition, stating, for example, that hemp oil has levels of omega-3 fatty acids as high as flax oil. Actually, flax oil contains about 60 percent of total fatty acids as omega-3 fatty acids, compared to about 20 percent for hemp oil.2  When we search out historical documents written a century ago, however, we are presented with another view. The 1911 edition of the Encyclopaedia Britannica reported that "Linseed [flaxseed] formed an article of food among the Greeks and Romans, and it is said that the Abyssinians at the present day eat it roasted. The oil is to some extent used as food in Russia and in parts of Poland and Hungary."  The article also describes concern voiced over ". . . direct adulterations. . . [by]. . . admixture of cheaper and inferior oil-seeds. . . ." In 1864, a union of traders of linseed oil was formed in England to prevent this adulteration by monitoring all imported oil.3  The more recent Cambridge World History of Food records the use of flaxseed oil for cooking in Russia in the 19th Century and the use of seeds for making tea.4  A recent text on flaxseed, edited by researchers at the University of Toronto, contains discussions of historical uses as a food, both directly and indirectly. In the introduction, we learn that the edible flaxseed was the one predominantly grown in India, that flaxseed is consumed in the diet as oil in China, that it is consumed in Ethiopia in a stew (wat), as a porridge (gufmo), and as a drink (chilka), and has been part of the traditional foods in Egypt since the time of the Pharaohs.5  In the US, the earliest record in Food and Drug Administration (FDA) writings raises the question of GRAS status for flaxseed use in foods. This appears in correspondence to the FDA in 1948 when the food industry initiated an inquiry about the use of flax in cereal foods. The FDA originally declined the GRAS status request because the use of flax, as (or in) food prior to 1958, was in other countries and not in the US. In addition, the FDA indicated concern about untreated flaxseed being a source of toxic hydrocyanic acid and posted an import alert in 1978; this decision was abandoned in 1982 when the import alert was canceled and flaxseed was permitted in bread in levels of 10-12 percent. The agency stated that there was no concern that there would be ". . . any more exposure to hydrogen cyanide than from other foods such as lima beans, fava beans, chickpeas, cassava, yams, cashews or almonds. . . "6  Researchers from two universities evaluated flaxseed powder consumption in women and reported that the lignans, which they considered as protective against certain cancers, were normally metabolized by the microflora in the gut. These researchers reported that the possible cyanide exposure from 60 grams of raw flaxseed in healthy individuals is not hazardous; further they indicated that raw flaxseed is traditionally consumed in 10-gram amounts (approximately 1 tablespoon).7  So how much flaxseed, or flaxseed oil is appropriate and unquestionably safe? The recommendation from the US government agencies is usually 2 tablespoons of flaxseed per day to supply omega-3 fatty acids for a 2000 kcal diet. (The flaxseed needs to be ground in order for the proper digestion of the seeds to take place.) Two tablespoons of flaxseed is about 20 grams of seed and since there is about 40 percent oil in the seeds and about 50-60 percent omega-3 in the oil, 20 grams of seed could provide about 8 grams of flaxseed oil and about 4 grams alpha-linolenic acid, the basic omega-3 fatty acid. Four grams of omega-3 fatty acids is about 36 calories, which is slightly more than the usual recommendation of 1.5 percent of calories for a 2000 calorie intake. The amount of flaxseed oil needed to provide this much omega-3 is about 1.5 to 2 tsp per day.8 If you are getting omega-3 fatty acids from other sources in your diet, then the recommended amount of flaxseed oil would be less. (To be continued.)  **References**   1. Meetings on essential fats in 2000 at NIH and 2001 at USDA. 2. The Now Age Press website 3. The Encyclopaedia Britannica, Eleventh Edition, New York, 1911, Volume 16, pp. 734-735. 4. The Cambridge World History of Food, Cambridge University Press, UK, 2000, pp. 1230, 1242. 5. A. Judd. "Flax–Some Historical Considerations" in Flaxseed in Human Nutrition, S.C. Cunnane and I.U. Thompson, Editors, AOCS Press, Champaign, IL, 1995, pp. 1-10. 6. J.E. Vanderveen. "Regulation of Flaxseed as a Food Ingredient in the United States" in Flaxseed in Human Nutrition, S.C. Cunnane and I.U. Thompson, Editors, AOCS Press, Champaign, IL, 1995, pp. 363-366. 7. J.W. Lampe, M.C. Martini, M.S. Kurzer, H. Adlercreutaz, J.L. Slavin. Urinary lignan and isoflavonoid excretion in premenopausal women consuming flaxseed powder. American Journal of Clinical Nutrition. 1994;60:122-128. 8. M.G. Enig. [Know Your Fats: The Complete Primer for Understanding the Nutrition of Fats, Oils and Cholesterol](http://www.westonaprice.org/thumbs-up-reviews/know-your-fats). Bethesda Press, 2000, p. 106.   This article appeared in Wise Traditions in Food, Farming and the Healing Arts, the quarterly magazine of the Weston A. Price Foundation, [Summer 2002](http://www.westonaprice.org/journal/journal-summer-2002).  **About the Author** |

**Omega-3 and Pregnancy**

Pregnant women are often told to take **fish oil** capsules but must be careful to get the best quality, instead of cheap, generic stuff. The cheap fish oil may come from fish with contamination and may not be free of pollutants. Women should be careful about the types of fish and fish oil they consume when they are pregnant, nursing, or even when experiencing [pregnancy symptoms](http://www.womens-health-questions.com/pregnancysymptoms.html).   
  
Flaxseed oil does have omega-3 in it and is preferred by some people *however* some doctors say **flaxseed oil should not be taken by pregnant women.**

The reason is that flax seed, like soy or even more so, seems to have an effect on estrogen and hormones and might interfere with your body during pregnancy. Ask your doctor.

One study on this was: *Brooks JD, Ward WE, Lewis JE, et al. Supplementation with flaxseed alters estrogen metabolism in postmenopausal women to a greater extent than does supplementation with an equal amount of soy. Am J Clin Nutr 2004;Feb, 79(2):318-325.*

Also, flaxseed oil does not have as high an amount of DHA as fish oil, so fish oil is just better anyway at giving you the DHA you want.

Meanwhile, fish oil has been found in some studies to greatly support pregnancy and healthy baby development, and may even **help prevent miscarriage**. This is very, very important.

One such study was: *Rossi E, Costa M., Fish oil derivatives as a prophylaxis of recurrent miscarriage associated with antiphospholipid antibodies (APL): a pilot study. Lupus 1993;2:319-23.*

Conclusion: Pregnant women should talk to their doctors about avoiding flaxseed oil and also about taking the most pure fish oil pills on the market.

Joan: I love Dr. McCleary and would like to hear what he has to say. Forward a link to my article to him, as most people don't seem to be aware of anything but the effusive pro-flax material that is out there.

Joan, let me know what he says.

Yes, I know some of the recipes don't have a lot in one serving, but some do. The wraps and the cereal, for example, have 1/4 to 1/2 cup per serving, if I remember correctly. I think there should be a warning about eating multiple servings per day, which a lot of people are doing.

Remember too, that the reason plants contain compounds that are like human hormones is to protect themselves from us. Livestrong.com says the biggest threat is to pregnant women who may miscarry or have children with birth defects in their reproductive systems. I spoke with someone after this article came out who said a relative had 3 miscarriages in one year after starting a Paleo diet with a lot of flax. That's exactly what plant estrogens are supposed to do— it's the plant's revenge—we kill their babies (seeds), they try to kill ours.

There are other sources for omega-3 oils for those who don't want to eat fish or take a supplement that do not carry these risks.

### [Food](http://ideas.time.com/category/life-style/food/)What’s Your Wheat Problem?

By [Anya Sacharow](http://ideas.time.com/contributor/anya-sacharow/)Jan. 23, 2013[40](http://ideas.time.com/2013/01/23/whats-your-wheat-problem/#comments)   
Read more: <http://ideas.time.com/2013/01/23/whats-your-wheat-problem/#ixzz2J2bnLArS>http://ideas.time.com/2013/01/23/whats-your-wheat-problem/?iid=op-main-lead

[Jeremy Gordon](http://www.linkedin.com/groups?viewMemberFeed=&gid=1793573&memberID=174183058) • I haven't spent enough time on there quite yet to answer myself (I'll leave that to folks who have), but HubSpot offers this : [http://goo.gl/2dZyS](http://www.linkedin.com/redirect?url=http%3A%2F%2Fgoo%2Egl%2F2dZyS&urlhash=76ib&_t=tracking_disc)  
  
It's advice on optimizing on Pinterest, and has a link to a short ebook on creating a business account. You have to fill in a form to get the book which leads to follow-up emails, but I personally enjoy getting emails from them - even their teaser emails have some great tips.

Wheat Belly review chia vs flax

## Soy Hazards /The Hazards of Soy

For years I have purchased soy milk, stocked it on my shelf, told myself I should open it and include it into my diet. After opening it though, it just sits in the refrigerator for a month or two. Then, of course, it’s too old to drink, so I throw it down the sink and the cycle repeats itself a couple months later. Now I believe that my body was telling me that it didn’t want the soy milk as I’ve been reading up on the soy controversy lately. Here is a summary of that information. . .

Those magical isoflavones—the estrogen-like hormones that all work to help you stay young and healthy may not be the magical food that you have been led to believe. Soy is just one example of the many fad foods/ supplements/ cures that I find myself exposed to in trying to decipher the long-term health benefits before sharing them with [my clients](http://naturalhealthtechniques.com/links-my-clients.htm).

Soy has been marketed as a health food when, at one time, it was only a toxic by-product of the vegetable oil industry. Hmm. . . .that doesn’t sound right, does it? Don’t we eat soy in lots of things now?

Advances in technology make it possible to produce Soy Protein Isolate (SPI) from what was once considered a waste product—defatted, high-protein soy chips—transforming something that looks and smells terrible into products that can be consumed by human beings. Flavorings, preservatives, sweeteners, emulsifiers and synthetic nutrients have turned SPI, the food processors’ nightmare into a very lucrative business.

All soybean producers pay a mandatory assessment of one-half to one per cent of the net market price of soybeans. The total—something like $80 million annually—supports United Soybean’s program (<http://www.ams.usda.gov/lsg/mpb/rp-soy.htm>) to “strengthen the position of soybeans in the marketplace and maintain and expand domestic and foreign markets for soybeans and soybean products.”

Soy milk, made from raw soy, has posted the biggest gains, soaring from $2 million in 1980 to $300 million in the United States last year. Recent advances in processing have transformed the gray, thin, bitter, beany-tasting beverage into a product that Western consumers will accept.

The first soy foods were fermented products like tempeh, natto, miso and soy sauce. At a later date, possibly in the 2nd century BC, Chinese scientists discovered that a purée of cooked soybeans could be precipitated with calcium sulfate or magnesium sulfate (Plaster of Paris or Epsom salts) to make a smooth, pale curd they called tofu or bean curd.

The Chinese never ate unfermented soybeans as they did other legumes such as lentils, because the soybean contains large quantities of natural toxins or “antinutrients.” These antinutrients are not completely deactivated during ordinary cooking. They can produce serious gastric distress, reduced protein digestion and chronic deficiencies in amino acid uptake. In test animals, diets high in these antinutrients called **trypsin inhibitors** cause enlargement and pathological conditions of the pancreas, including cancer.

Other harmful substances in soy products include haemagglutinin, goitrogens, phytic acid, nitrates, and phytoestrogens (in large amounts.) What are these things? Well. . .

**Haemagglutinin** is a clot-promoting substance that causes red blood cells to clump together.

**Trypsin inhibitors** and haemagglutinin are growth inhibitors that are deactivated during the process of fermentation. In precipitated products (like tofu,) enzyme inhibitors concentrate in the soaking liquid rather than in the curd. Thus, in tofu and bean curd, growth depressants are reduced in quantity but not completely eliminated.

Soy also contains **goitrogens** – substances that depress thyroid function. This is a major concern of mine as I see our population having more and more thyroid issues with each passing year.

Soybeans are also high in **phytic acid**, present in the bran or hulls of all seeds. Phytic acid can block the uptake of essential minerals—**calcium, magnesium, copper, iron and especially zinc**—in the intestinal tract. Scientists are in general agreement that grain and legume-based diets high in phytates contribute to widespread mineral deficiencies in third world countries.

The Japanese have traditionally eaten small amounts of tofu or miso as part of a mineral-rich fish broth, followed by a serving of meat or fish. This is not how vegetarians and vegans consume soy. The results of calcium, magnesium and iron deficiency are well known; those of zinc are less so. These are the exact mineral deficiencies I have been seeing in my practice.

Many people in my practice now come in with that tell-tale tan chin, indicative of iron deficiency. They are low in energy and worried about osteoporosis, but they look like thyroid cases. Their thumbs point toward their hips as they stand and walk instead of pointing forward, and they carry more weight evenly dispersed on their body. Most of my clients are also low in zinc.

Zinc is needed for optimal development and functioning of the brain and nervous system, it is used in protein synthesis, collagen formation, in the blood-sugar control mechanism thus protecting against diabetes, and is needed for a healthy reproductive system. Zinc is a key component in numerous vital enzymes and plays a role in healthy immune system function These uses are among hundreds of other ways zinc is used by the body.

Soy processors have worked hard to get these antinutrients out of the finished product, particularly soy protein isolate (SPI), the key ingredient in most soy foods that imitate meat and dairy products, including baby formulas and some brands of soy milk. (For more information on that, read my other article on soy, The Hazards of Feeding Soy to Children: [http://naturalhealthtechniques.com/Diet\_Nutrition/FeedingSoyToChildren.html](http://naturalhealthtechniques.com/soy-and-children.htm).)

**Nitrites,** which are potent carcinogens, are formed during the spray-drying process of making Soy Protein Isolate (SPI). Test animals fed SPI develop enlarged organs, particularly the pancreas and thyroid gland, and increased deposition of fatty acids in the liver.

If this is so, then why are SPI and textured vegetable protein used extensively in school lunch programs, commercial baked goods, diet beverages and fast food products? (Yikes!) Soy is also heavily promoted in third world countries and forms the basis of many food giveaway programs.

Researchers studying soy-based foods in one school research project noted several alarming symptoms after children ate soy-based meals including: “occasional” vomiting, periods of moderate diarrhea, upper respiratory infections, rashes and fever.

Many ask then, why do the Japanese have less cancer than Americans? Do they? I’ve heard over the years that the Japanese, who allegedly eat 30 times as much soy as North Americans, have a lower incidence of cancers of the breast, uterus and prostate. BUT the Japanese, and Asians in general, have much higher rates of other types of cancer; particularly cancer of the esophagus, stomach, pancreas, thyroid and liver.

Just how much soy do Asians really eat? A Cornell study conducted by Colin T. Campbell in 1998 found that the average daily amount of soy protein consumed in Japan was about eight grams for men, and seven for women. This is only less than two teaspoons. Do Japanese really eat more soy than Americans? At this point, I don’t think so.

Except in times of famine, Asians consume soy products only in small amounts, as condiments—not as a replacement for animal foods—with one exception. Celibate monks living in monasteries and leading a vegetarian lifestyle find soy foods quite helpful—because they dampen libido.

**So what are the side-effects of too much soy?** (These are only in alphabetical order and not by the proportion of incidence.)

* Bloating
* Breast cancer (Soy isoflavones mimic estrogen)
* Calcium deficiencies (soy blocks calcium absorption)
* Cognitive decline (esp. in post-menopausal women that have increased levels of estrogen in their blood)
* Constipation
* [Depression](http://naturalhealthtechniques.com/specificdiseasesdepression1.htm)
* Endocrine disruption
* Fatigue
* Goiter
* Hair loss
* Hot flashes
* Hypothyroidism
* Infertility
* Irregular periods
* Lethargy
* Loss of muscle tone
* Painful periods
* Premature aging
* Thyroid cancer
* Thyroid disease
* Thyroid Stimulating Hormone increase
* Uterine cysts
* [Vitamin D](http://naturalhealthtechniques.com/vitamin-d.htm) deficiencies
* Weight gain despite workouts and dieting

In 1991, Japanese researchers reported that consumption of as little as 30 grams or two tablespoons of soybeans per day for only one month resulted in a significant increase in thyroid-stimulating hormone, and 100 grams of soy protein, (promoted for its bone-building isoflavones and cholesterol-lowering effects) contains the estrogenic equivalent of the Pill. In vitro studies suggest that isoflavones inhibit synthesis of estradiol and other steroid hormones. I wonder if it’s really safe to take this kind of supplement if you have a family history of estrogen-influenced breast cancer. I don’t think I’d chance it. We get enough xenoestrogens in our environment as it is.

**Some Helpful References:** <http://www.haelan.co.uk/Wholefood-Soya.shtml> (Soy as a health food)

soy

http://articles.mercola.com/sites/articles/archive/2010/12/04/soy-dangers-summarized.aspx?np=true

According to a study by Canadian researchers about the content of nine common phytoestrogens in a Western diet, foods with the highest relative phytoestrogen content were nuts and oilseeds, followed by soy products, cereals and breads, [legumes](http://en.wikipedia.org/wiki/Legume), meat products, and other processed foods that may contain soy, vegetables, fruits, alcoholic, and nonalcoholic beverages. [Flax](http://en.wikipedia.org/wiki/Flax) seed and other oilseeds contained the highest total phytoestrogen content, followed by soybeans and [tofu](http://en.wikipedia.org/wiki/Tofu).[[21]](http://en.wikipedia.org/wiki/Phytoestrogens#cite_note-21) The highest concentrations of isoflavones are found in soybeans and soybean products followed by legumes, whereas lignans are the primary source of phytoestrogens found in nuts and oilseeds (e.g. flax) and also found in cereals, legumes, fruits and vegetables.

From Cell Bone for Women's health: Flax Seed: Super Source of Lignans, Fiber, and Omega–3 Fats  
  
Flax seed is the best available source of lignans, with a concentration 100 times greater than the amounts found in grains, vegetables, and fruits. Lignans are plant substances that are broken down in the intestine into enterolactones and enterodiol, which have potent anti-cancer and estrogenic effects, are excellent antioxidants (see Reference 2, below), and also protect the cardiovascular system (see Reference 3, below). Ground flaxseed is also an excellent source of fiber.

Because the lignans in flax are actually phytoestrogens (weak estrogenic compounds from plants), they may help relieve menopausal symptoms. In fact, in one study, flaxseed was as effective as hormone replacement therapy in reducing mild menopausal symptoms in menopausal women.  
  
- Jonny Bowden, Ph.D., C.N.S., The 150 Healthiest Foods on Earth: The Surprising, Unbiased Truth About What You Should Eat and Why

**Nutiva** **Chia Seed, Organic, Milled** Nutiva grinds fresh whole chia seeds for your convenience. Enjoy these milled chia seeds in yogurt, oatmeal, baked goods, or smoothies.

Revered by the early Aztec and Mayan cultures, chia seeds are a superfood packed with fiber, protein, omega-3 fatty acids, and antioxidants. Tiny but mighty Nutiva organic chia seeds are versatile for use in recipes both savory and sweet, including yogurt and oatmeal, or in smoothies, added to sauces as a thickener and to muffins and cakes as an egg replacement. Try Nutiva organic chia seed today.

**Chia Oatmeal:**

1 bowl of hot [oatmeal](http://www.netrition.com/mccanns_oats_page.html)  
2 Tbsp. [Nutiva Coconut Manna](http://www.netrition.com/nutiva_coconut_manna.html)  
2 Tbsp. Nutiva Chia seed or [Nutiva Hempseed](http://www.netrition.com/nutiva_hempseeds_page.html)  
1 Tbsp. [honey](http://www6.netrition.com/natures_hollow_sf_honey.html) or [maple syrup](http://www6.netrition.com/josephs_sf_maple_syrup.html)  
  
Warm, stir and drizzle the honey or syrup. Yum

from Netritian

|  |  |
| --- | --- |
| |  | | --- | | [Nutrition Facts](http://www6.netrition.com/nutiva_chia_seed_milled.html#NUTFACTS) | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | Add To Cart | Item ID | Product | Unit Size | List Price | **Our Price** | [$200+ Orders](http://www6.netrition.com/cgi/info_pop.cgi?info=3&hf=1) | | [Add](http://www6.netrition.com/cgi/add_to_cart.cgi?itemid=250-0026) | 250-0026 | [**Nutiva**](http://www6.netrition.com/cgi/prices.cgi?manu_id=250) Chia Seed, Organic, Milled | 12 oz. | ~~$12.39~~ | **$9.49** | **$9.02** | | All products are In Stock unless otherwise marked.  \*\* The "$200+ Orders" price reflects a 5% discount for orders that total over $200. | | | | | | | | [Customer Reviews](http://www6.netrition.com/nutiva_chia_seed_milled.html#REVIEW_SECTION) [Nutrition Facts](http://www6.netrition.com/nutiva_chia_seed_milled.html#NUTFACTS) [Cart](http://www6.netrition.com/cgi/add_to_cart.cgi?cart_display=true&ref=http%3A%2F%2Fwww6.netrition.com%2Fnutiva_chia_seed_milled.html) [Checkout](http://www6.netrition.com/checkout.html) | | | | | | | | |

NOW Blanco Salvia White Chia

Chia seeds are one of the best known sources of essential fatty acids, with nearly two-thirds being comprised of Omega-3 as ALA. They are also an excellent source of Omega-6, vitamins, minerals, antioxidants, dietary fiber, and protein. The seeds can be eaten on their own or added to salads, cereals, yogurts, etc. to boost nutritional content.

Chia "Pudding" Recipe: In a shaker bottle, mix together 1/4 cup chia seeds, 1 1/2 cups [almond milk](http://www6.netrition.com/blue_diamond_almond_breeze.html), 1/4 teaspoon [vanilla](http://www6.netrition.com/now_vanilla_extract_page.html), and 1 tablespoon [maple syrup](http://www6.netrition.com/now_maple_syrup.html), [honey](http://www6.netrition.com/wholesome_sweeteners_raw_honey.html), or equivalent [Stevia](http://www6.netrition.com/now_stevia_glycerite_page.html). For chocolate flavor, add a teaspoon of [cocoa powder](http://www6.netrition.com/now_cocoa_powder_page.html). Shake well and make sure chia seeds are completely covered by almond milk. Refrigerate overnight. The chia seeds will soak up the milk and become thick, similar to tapioca. Eat with a spoon or "slurp it up" with a straw. Delicious and nutritious!

Nutrition Facts

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **153-0672 NOW Blanco Salvia - White Chia, Seed 1 lb.**   |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **Nutrition Facts** **Serving Size:** 2 Tbsp (15g) **Servings Per Container:** 30 | | | | | | |  | | | | | | | http://images.netrition.com/images/pixel.gif | | | | | | |  |  | Amount Per Serving | | [% Daily Value\*](http://www6.netrition.com/rdi_page.html) |  | | http://images.netrition.com/images/pixel.gif | | | | |  | |  | **Total Calories** | 70 |  |  |  | | http://images.netrition.com/images/pixel.gif | | | | |  | |  | Calories From Fat | 40 |  |  |  | | http://images.netrition.com/images/pixel.gif | | | | |  | |  | **Total Fat** | 4.5 | g | 7% |  | | http://images.netrition.com/images/pixel.gif | | | | |  | |  | Saturated Fat | 0 | g | 0% |  | | http://images.netrition.com/images/pixel.gif | | | | |  | |  | Trans Fat | 0 | g |  |  | | http://images.netrition.com/images/pixel.gif | | | | |  | |  | **Cholesterol** | 0 | mg | 0% |  | | http://images.netrition.com/images/pixel.gif | | | | |  | |  | **Sodium** | 0 | mg | 0% |  | | http://images.netrition.com/images/pixel.gif | | | | |  | |  | **Total Carbohydrates** | 7 | g | 2% |  | | http://images.netrition.com/images/pixel.gif | | | | |  | |  | Dietary Fiber | 6 | g | 24% |  | | http://images.netrition.com/images/pixel.gif | | | | |  | |  | Sugars | 0 | g |  |  | | http://images.netrition.com/images/pixel.gif | | | | |  | |  | [http://www6.netrition.com/images/plus_box.gifShow Net Carbs](http://www6.netrition.com/now_blanco_salvia_white_chia.html)  [http://www6.netrition.com/images/minus_box.gifNet Carbs](http://www6.netrition.com/now_blanco_salvia_white_chia.html) Minus Fiber | 1 | g |  |  | | http://images.netrition.com/images/pixel.gif | | | | |  | |  | **Protein** | 2 | g | 4% |  | | http://images.netrition.com/images/pixel.gif | | | | |  | |  | Vitamin A |  |  | 0% |  | |  | Vitamin C |  |  | 0% |  | |  | Calcium |  |  | 10% |  | |  | Iron |  |  | 0% |  | | http://images.netrition.com/images/pixel.gif | | | | |  | | http://images.netrition.com/images/pixel.gif | | | | |  | | \*[Percent Daily Values](http://www6.netrition.com/rdi_page.html) are based on a 2,000 calorie diet. | | | | |  | |  |  |  |  |  |  | | Refrigeration recommended after opening. Vegetarian/vegan product. | | | | |  | |  |  |  |  |  |  | | **Ingredients:** White Chai Seeds (Salvia Hispanica)(Non-GMO). | | | | |  | |  | | | | |  | |  | | | | |  | | http://images.netrition.com/images/pixel.gif | | | | |  | |  | | | | |  | | |

Hi Peter. All the low-carb experts seem to recommend bouillon to get extra salt. All the granules and cubes I've seen in the stores are horrible. They have a lot of salt, but also a lot of MSG and sugar. If they have any chicken or beef at all, it is listed near the bottom. What am I missing here? Why not just eat more salt and skip these processed, chemical-loaded products? Better yet, make some good bone broth with extra salt and drink it or make soup. (Purchased stock and broth has the same problem as the bouillon--it is just water flavored with MSG and little if any real meat. It obviously has no protein since it doesn't gel in the can.) Is there a good brand of bouillon out there that I have missed?

==

Wheat Belly basic bread with chia for flax –just OK. try with peanut flour or flour, or just extra xanthan?

Added to [Recipes](http://www.doctoroz.com/videos?tid=134) on Thu 11/29/2012

1 1/4 cup blanched almond flour

1/4 cup + 2 tbsp garbanzo bean flour try peanut flour? chana dal flour? psyllium??

1/4 cup ground golden flaxseed used chia

1 1/2 tsp baking soda ---maybe baking powder?? or add more acid??

1/4 tsp sea salt

5 eggs

1/4 cup butter melted??

1 tbsp buttermilk kefir

4 drops liquid Stevia (or to desired sweetness) xylitol?? used 1 tbs—might have been supposed to be 2??

1 tsp cinnamon (optional) used ½ teasp.

Preheat oven to 350°F. Grease 8.5" x 4.5"loaf pan.

In a food processor, combine the almond flour, garbanzo bean flour, flaxseed, baking soda, cinnamon, and salt. Pulse until well blended. Add the egg yolks, butter, buttermilk and Stevia and pulse until just blended.

In a large bowl and using an electric mixer on high, beat the egg whites until soft peaks form. Pour into the flour mixture and pulse until the egg whites are evenly distributed, but do not run the machine at a constant speed. Spread into the pan and bake for 40 minutes, or until a wooden pick inserted in the center comes out clean. Cool in the pan for 10 minutes, remove and cool completely on a rack.==

Dr. Davis makes a very convincing case that modern dwarf wheat, which has been bred to be short, pest resistant, wind resistant, and to produce 10 times the yield of older varieties, has developed some new proteins that have never been part of the diet of humans before. In the process of repeatedly crossing breeding it, it has become a totally different plant, one he says should not even be called "wheat.". It was tested for everything except for use as human food. He says that is why we are seeing such an huge increase in gluten intolerance, celiac's diase, autoimmune disease, mental illness, etc. (Wheat has historically been linked to schizophrenia and RA.) He talks about several different things in it which are toxic or have negative health effects. It also provokes the release of insulin and raises blood glucose more than pure sugar, which leads to overeating and carb cravings. He says we automatically eat 450 calories a day less when we cut out wheat, even if we don't change anything else. He claims his patients lose 30 pounds just by avoiding wheat. You should definitely read the first book. It goes into a lot more detail than I can here. It is possible that Dr. Davis is overstating the case against wheat, but he does quote a lot of research which checks out and it is clear that something has happened that is driving our multiple epidemics of health problems. My biggest problem with his books is that he is guilty of doing the same thing as the wheat industry has done, that is promoting a food that has not been proven to be safe for human consumption, which is flax. He uses flax in almost all his recipes. My review goes into the dangers of flax seed used as a replacement for wheat in baking and cooking.

====

Recheck recipe: Flax Wrap Recipe with chia

3 tablespoons ground chia

½ tsp baking soda

½ tsp salt

1 teaspoon sweetener with bulk tested with xylitol

½ teaspoon chili powder Or ??

2 Tbs. coconut oil

2 Tbs. water

3 eggs

There are many articles that say flax is healthful at a supplemental level and many that say it has a potential for harm if eaten in excess, but I haven't seen any that say it does nothing. If food has a medicinal effect, we need to be careful with it.

I know others who warn about the dangers of soy, while recommending flax as a health food. Mary Enig for one. Flax has more estrogen-like compounds than any other food. Here is one study that found that flax had a greater hormonal effect that soy: "Supplementation with flaxseed alters estrogen metabolism in postmenopausal women to a greater extent than does supplementation with an equal amount of soy." [Am J Clin Nutr.](http://www.ncbi.nlm.nih.gov/pubmed/14749240) 2004 Feb;79(2):318-25. http://www.ncbi.nlm.nih.gov/pubmed/14749240

I talked to a woman today who told me about her daughter-in-law who had 3 miscarriages in 1 year after adding flax to her diet. She already had 2 children and had never had fertility problems before. She had started a Paleo diet and was eating a lot of flax (and giving it to her children) but had not made a connection. I think people should be warned about this so they will recognize an adverse reaction if it occurs.