

The Healing Power of Flax

Herb Joiner-Bey

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**NATURE'S RICHEST
SOURCE OF OMEGA-3s**

THE
Healing
Power of

THE DEFINITIVE GUIDE
Flax

*How to Protect Your Body Against
Heart Disease, Arthritis, Chronic Pain and
Inflammation with This Remarkable Food*

Herb Joiner-Bey, N.D.

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Herb Joiner-Bey : The Healing Power of Flax before purchasing it in order to gage whether or not it would be worth my time, and all praised The Healing Power of Flax:

Not all fats are bad. In fact, doctors and researchers have discovered that some fats are essential for optimum health that's why they're called essential fatty acids. Flax and flaxseed oil is nature's richest source of omega3 fatty acids. This book reveals how this important missing nutrient in your diet can help prevent heart disease, arthritis, chronic pain and inflammation. Flax is also a source of a group of compounds called lignans, that may prevent certain types of cancer, especially breast and prostate cancer. Highquality, coldpressed flaxseed oil has a delicious, nutty flavor, making it easy to incorporate into your diet with 101 innovative flax recipes.