



Flax for Life!: 101 Delicious Recipes and Tips Featuring Fabulous Flax Oil

Jade Beutler

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In Flax For Life! you will learn of the almost unbelievable healing and preventative properties of flax oil. This book provides you with simple, clear cut, easy-to-follow and delicious recipes to begin incorporating healthful flax oil into everyday foods immediately! Here is a list of just some of the benefits people have appreciated and medical researchers have validated as a result of eating the essential fatty acids found most abundantly in flax oil. Protection from cancer Protection from heart disease Protection from stroke Enhanced immunity Increased energy and stamina Weight loss and maintenance Quicker recovery from exercise and stress Improvement in behavioral disorders Mental clarity and calmness Improved learning ability Improved kidney function Relief from inflammatory and allergic conditions Using the recipes in Flax for Life! on a regular basis could easily be the most important decision you could ever make for positively impacting your personal health and the health of your loved ones. Flax for Life! - an investment in health and vitality to last a lifetime!

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