

LINSEEDS SOAKED, LINSEED TEA & LINSEED MILK

Soaked Linseeds/Flax seeds (soak for 12 hours)

Good for regular bowels and fibre

Soak 2 dessert spoons of linseeds, take 1 spoon first thing in the morning, 1 spoon last thing at night. It will last in the fridge for 2 days. (1 part seeds to 5 parts water) It will chip away rubbish internally and acts like a sand blaster, add bulk, gets movement through the digestion tract, good therapeutic bowel cleanse, helps with IBS, constipation and diarrhoea. Soothing, anti-inflammatory, EFAs, 60% omega 3, (highest known food source for omega 3) proteins, vitamins, minerals, enzymes, phytonutrients and fibre.

Soaked linseeds can be added to soups, porridge, smoothies, salads, yogurt and museli.

Linseed tea

Good for holding swollen/hydration water message

2 dessert spoon of linseeds. Put in a large pan with 1 litre of clean water. Simmer and when it begins to simmer, turn off and leave for 12 hours. After 12 hours put back on a low heat for 1 hour. Put through a sieve and discard the seeds. Drink up to 1 pint throughout the day. Good for giving the body a swollen water message and therefore excellent for hydration, bowel flora, stress, kidneys as it hold water, good for colds and mucous.

Linseed milk

Good for good bowel flora and fibre

Put 2 dessert spoon of linseeds in a blender or coffee grinder and then add the ground linseeds to 1 pint of hot water. Leave for 1 hour before drinking. Good for colic, nausea, and for a good bowel flora.

Ground linseeds can be added to soups, porridge, smoothies, salads, yogurt and museli.