

sue2613

If we develop and listen to our intuition, it will often guide us to the right place. I bought a bag of flaxseeds several years ago when it was a big trend. It is sitting in my freezer forgotten. I often wondered why I never used it.

Posted On 06/04/2024

9ellie1

Hey Sue - same here - I never liked flax but, because I fell for the promo, would put it in baked goods like banana bread to somewhat disguise it :) I'm so glad to have my body's intuition validated!

Posted On 06/04/2024

rn53now

And I was supposed to use flax seed for Omega 3's (suggestion from a holistic doc), I looked for them in the store and saw golden and regular, looked at the nutrition labels to compare, and both had mostly PUFA's!! Needless to say, I did not buy!!

Posted On 06/04/2024

Darwina

Lucky me. I got ferocious headaches everytime I ate the seeds or took the oil.

Posted On 06/08/2024

Jantango

I was going to grind more flax seed today, but instead the seeds are going into the garbage. Thanks Ashley. I'm done with flax after more than three decades of use. HOWEVER, after reading many of the comments that disagree and provide scientific results on the benefits, i am going to reconsider. This is a controversial subject on health.

Posted On 06/04/2024

bod54948

It really amazes me to see people posting in social medial food recipes including bread using flaxseed as the star ingredient as the healthiest thing ever. One thing I know for sure, I learned long ago that Soy and Flaxseed are extremely estrogenic, Flaxseed is a thousand time stronger than Soy. Soy is used for bio identical hormone replacement therapy to replace estrogen for postmenopause. I read somewhere that Soy might have a serious effect on the thyroid. I am on HRT due to menopause and I learned the hard way that you cannot consume anything extra that could add additional estrogen to your body, such as flaxseed or Soy in the form of supplement, food or beverage because you can go estrogen dominant and this will cause thick endometrium and abnormal bleeding, which might end up in endometrial cancer.

If a woman has a uterus and is post-menopause, she cannot go estrogen dominant! Too many plants promoted as healthy can send the hormones in overdrive and cause serious danger to your health. Do research, a lot of research before you put any supplement in your mouth. Flax Seed, Soy, Camelia Sinensis to give you a few, must be handle with care.

Posted On 06/04/2024

A lot of people who are anti-soy have yet to explain the high soy consumption without the corresponding estrogenic effects (or oft quoted anti-nutrient effects) of traditional and modern Asian societies. Heck, one can use monks, from Shaolin monks to Zen monks as a prime example of the highest consumers over the general population. I wanted to comment on a previous article Ashley wrote mentioning this, but declined to, about foods our ancestors consumed, in which she stated that society never consumed soy or tofu only until very recently which is quite wrong at least in the East-- unless she meant only European societies. But even regarding the other foods such as seeds, supposedly consumed in trace amounts was wrong, because Mediterranean and Middle Eastern societies consumed seeds in much higher amounts than was suggested in her article, in sesame seeds for example, though hummus and tahiini.

And despite the "soyboy" meme, most western including Latin America men become estrogenic without any high soy consumption relative to their diet and instead become so through xenoestrogens from plastics, styrofoam, etc, particularly from heated and acidic food use instead. A lot of hispanic restaurants especially catering to the price sensitive, still use styrofoam cups to serve coffee for example. Coming back to soy, it turns out that it's all in the preparation:

greenmedinfo.com/content/rediscovering-lost-art-soy-preparation-minimi.. Intriguingly, a recent study published in the journal Foods has shed light on how traditional soy preparation methods, passed down through generations in Asian cultures, may significantly reduce the isoflavone content of soy foods compared to modern commercial processing techniques.

...The study's authors suggest that the markedly lower isoflavone content of traditionally prepared soy foods may partly explain the apparent discrepancy between the high soy intake and low blood isoflavone levels observed ...

Efkaefka

Oh gosh I get so confused sometimes I've literally just bought a bag of whole flaxseeds as I've read it can be helpful for afib/cardio issues (think it was recommended 1 tsp ground daily). I understand the hormone issues again though I've seen it sometimes used in peri and menopause if women are having issues. Sorry not a rant just a sometimes it's hard to know how best to care for oneself.

Posted On 06/04/2024

DanoS1

Have a look at Magnesium Glycinate for atrial fibrillation.

Posted On 06/04/2024

FJL

Today, linseed is old, damaged, often boiled and used for wood finishes/woodworking. Most flax is fresh, sourced by reputable companies, and a very good source of omega 3. I'll stick with Budwig's diet including flaxseed oil and cottage cheese, and continue enjoying perfect health as I close in on 70 years.

Posted On 06/04/2024

bee70578

Yes I used some here in the UK from a health food store as part of my low carb adjustment using it as a morning cereal (much preferable to anything else on offer) in the mornings and as part of a small cake with almond flour and coconut flour and butter. The only issue I had was much later, when after stopping for a while, I absent-mindedly used some old seed which I think now was mouldy? and gave me dreadful joint pains every time I moved for several hours. I did use it for several years originally without noticeable problems. I think some low carbers make small biscuits with it.

Posted On 06/04/2024

jamNjim

I was always baffled by this fact that oils we used to treat lumber with back in the 50's suddenly became health food in the 90's. I always found the smell of linseed (flax seed) oil offensive. Many houses built back in the 40's and 50's had paneling or shiplap interiors that were treated (soaked) in Linseed oil rather than painted. The information I'm giving you is straight from my grandfather's mouth! When they answered my "What's That Smell" question, I then asked "Why Did You Soak Your Entire House With Lindseed Oil"? This oil was believed to help prevent wood from rotting from moisture. It's supposed to prevent wood from cracking. It's supposed to prevent carpenter ants and carpenter bees from EATING holes through the wood.

It's supposed to detour termite infestations. As Dr. Mercola pointed out, most of the paints were oil based and Linseed oil was the key ingredient. So, whether it was painted, stained, or treated, it REEKED of Linseed oil! The reasons I just listed off were the theories that floated around back in the 50's. I often wondered how toxic the off-gases/fumes from this oil is. Per Dr. Mercola, the reason it made such a good paint/sealer is the oxidation process. When the double bonds oxidize, this "oil" turns almost into a shellac. It can't be good to breathe or come in contact with. BUT! Don't worry, the FDA approved it for human consumption!

Posted On 06/04/2024

Learning2021

Wow! Thank you for sharing your experience!

Posted On 06/04/2024

Well, one thing for sure is Linseed Oil, (derived from Flaxseed,) once used and leaving residue on a rag can spontaneously combust. Inflammation? Is a similar process or the same involved at the body level? It has been one I Can't Believe I Got a Heart Attack Anyway Product after another we have been encouraged to switch too having the influence of Big Oil being 'cheaper,' so things like Flax Seed Oil - linseed oil, or Crisco - Cottonseed Oil, Canola Oil, once known as Gear Oil are hawked as health enhancers. So many once solid food sources the people have used before written history vilified by manipulators.

Manipulators who can create never ending non-stop noise and distractions playing clever word games to daze and confuse. Regardless, it would seem the strongest, best strategy is growing your own food sources of Healthy Fats if possible or search out Freedom Farms, (such as Nourish, or Amos Miller's,) or Independence Gardens - AKA Grandma's Victory Garden, for millennia tested Healthy Fats and products known to Heal and Maintain healthy bodies and minds. So many Dis-eases suffered today were never known to exist or were a rare once in a lifetime to even be witnessed.

Posted On 06/04/2024

Guillermou

Yes, Just, the world upside down, the promotion of the disease is in the food in the environment. The importance of knowing what emerging contaminants are is that every day we face them in pharmaceuticals, household cleaning and personal care products, and in food. It is estimated that a source of pollution is untreated urban wastewater and effluents from wastewater treatment plants, since these substances end up being released into surface water, into the soil. Studies reveal that the main effects of exposure of different fish species to estrogenic compounds include alteration of sexual development, as well as changes in mating behavior, reduction of reproductive success and alterations of the endocrine system.

These changes can be expressed later in the life cycle or even in future generations. This affects humans who have reported low sperm count and deterioration in male reproductive health and, on the other hand, breast cancer in women, as a consequence of increasing exposure to these compounds. Pharmaceutical industries, hospitals and treatment plants oppose legislation for in situ disposal because it involves high costs in treatments to eliminate harmful compounds before they are released into the environment.

DES is a synthetic estrogen that has been used as an agent to prevent miscarriage in pregnant women. The most pronounced effects seen in DES daughters include structural abnormalities in the reproductive organs, adverse reproductive outcomes, and cancers of the reproductive system, including the vagina, cervix and breast

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Posted On 06/04/2024

ghereinaus

The oestrogen in flax exerts a weaker oestrogenic effect than the bodies own oestrogen so it can be useful for oestrogen dominance and breast cancer. Flax has a higher level of oestrogens than soy, but those oestrogens exert a weaker effect than soy oestrogens.

Posted On 06/04/2024

Paleocarn

Yes, that was one of the ways charlatans promoted this oestrogenic product. Almost as bad as feeding babies soy.

Posted On 06/04/2024

WildAsTheWind

Do you have supporting info / links? I would like to read more about this. Thanks. x

Posted On 06/04/2024

Almond

Part of my diet to recover from cancer involved grinding flax seed fresh daily. I used a coffee grinder. It worked for me. Perhaps it is the refined oil is bad for you? There is no diet that is good for everyone. We all have our unique needs and differences. I think it would be crazy to avoid all seeds because of the lignan, etc. Remember that seeds contain what is needed to start life. A food is a compound and should not be judged as only one ingredient. I think people have gone overboard about diet. Basically, just eat what is organic, unprocessed and esp. what is in-season.

If you can produce it yourself, in healthy soil, that is even better. Rely on what nature produces, not what man makes in factories or confined animal feeding operations. At this time of year, people should be getting gardens in. You can even garden intensively on a balcony or patio. I saw that Home Depot and Dollar tree used to have (still have?) some amazing 3-pot stackable plant towers that could be used outdoors or indoors near a sliding door or set on a table near a windowsill for small space gardening. Like this: www.etsy.com/listing/1273091789/set-of-3-tier-stackable-vertical-plast..

Posted On 06/04/2024

grulla

Above article, "Does this improve metabolism and thus long-term health? Or, are there potentially some minute short-term benefits that come with long-term consequences and a down-regulation of metabolism?" That suggests to me the poison is in the dose. About 25 years ago, my late wife had a ganglion cyst on her wrist and she read somewhere that mixing some flaxseed oil with protein, such as tuna fish, would eliminate the cyst. It took about a month or so of taking the flaxseed oil with protein and that ganglion cyst permanently disappeared.

Posted On 06/04/2024

bee70578

Yes I think in some cases it's a matter of weighing advantages against disadvantages. I had a policy, since having issues with my doctor over CFS treatment, of trying everything and eliminating anything that was unhelpful after a trial period and creating a small knowledge base, later helped by a nutritionist. But also it also helped a lot with 'snack-cravings' that used to be a problem.

Posted On 06/04/2024

Cabochoch

I hope the luminaries of the natural health world who have written extensively on the health benefits of flaxseed oil don't come across this article as they will surely query it. I am referring of course to Canadian Udo Erasmus who toured the UK in the 1990's lecturing on the power of flax, and is the author of two very well known books: "Fats that Heal, Fats that Kill" and "Time for an Oil Change". Another that springs to mind is Herb Joiner-Bey who wrote "The Healing Power of Flax", 2004. Here's a review of his book by Joseph Pizzorno, Founding President of Bastyr University, Seattle: " The Healing Power of Flax is an outstanding resource for everyone wanting to improve their health".

There was always some controversy about whether conversion from the parent fatty acid was efficient enough to be effective. You can read about that here: udoerasmus.com/another-excerpt-from-your-body-needs-an-oil-change/ Could the authors be confused by linseed oil for industrial use which can be bought in any DIY store? www.screwfix.com/.../8105r

Posted On 06/04/2024

Cabochoch

Here are more resources for those interested in the health benefits of flax seed: A well known UK brand of flax oil is Barleans: www.barleans.com/blogs/barleans-wellness-blog/the-remarkable-comeback-.. . Internationally known authority on health foods and supplements, Dr Michael Murray: uk.iherb.com/.../1834

Posted On 06/04/2024

benny2

Another way to use flax seed is to grind yourself with a coffee grinder and consume it immediately before it goes bad

Posted On 06/04/2024

ScanKat

I remember seeing Dr M giving a day in the life and he soaked those seeds over night to eat the next day. He has come a long way. His ability to change course is rare and to be commended.

Posted On 06/04/2024

fra2163

Is this just another example of Paracelsus " the dose make the poison" We find that some thing has some beneficial qualities to it and then over do it , in the mistaken idea that more will be better? And ignore the possibility that at higher doses it may be toxic? I sometimes wonder if we are doing that with spices , like turmeric, curcumin, ginger, licorice root, etc. Are we getting a toxic effect if we grind a tbs of flax seeds and put in a smoothie? I know nothing. But I wish I knew more about the history of the use of flax seeds as an ancestral food in cultures. (if any)

Posted On 06/04/2024

Isbells

Ugh, recently bought whole, organic flaxseeds from Health Ranger store... always something to have to take away from my diet. Frustrating.

Posted On 06/04/2024

bee70578

Try it for a week maybe?

Posted On 06/04/2024

mourningwarbler

I know. The minute I found myself addicted to kale, it's suddenly bad, bad, bad. I'm going to keep eating it anyway, so there!

Posted On 06/04/2024

ragus

So many plants and seeds have been elevated to * Super Food * status, where in reality they can be toxic. I am currently reading "Toxic Superfoods: How Oxalate Overload Is Making You Sick— And How to Get Better" by Sally K. Norton MPH www.goodreads.com/.../58735009-toxic-superfoods Wow! What an eye opener about the health dangers of Oxalate, from "healthy" super foods such as spinach, almonds, beans, and dark chocolate. I used to eat these foods quite often, but have now revised my diet, and only eat them rarely, and in small amounts. But never spinach, that's a no-no :-)

Posted On 06/04/2024

SanDiegoGirl

Yes, I read her book shortly after it came out. As a result, I completely overhauled my diet and so many of my health problems cleared up. Now I avoid high oxalate fruits and vegetables like the poisons they are. Dr. Anthony Chaffee has a great YouTube out called "Plants Are Trying To Kill You" along the same line.

Posted On 06/04/2024

PintoHorse

Re the consumption of oxalate greens: I read in a health book that, traditionally (I keep hearing about Tradition from the Weston Price people), spinach, Swiss chard, sorrel, etc. were consumed with a cheese or cream sauce, which somehow balanced out the negative aspects. Possibly it was the calcium in the cheese or some other chemical reaction? Anyone know?

Posted On 06/04/2024

9ellie1

Dr. Mercola wrote an article called "Cruciferous vegetables medicinal properties". We have to remember that Mother Nature balances out things - it's never this or that. It's a complexity that never ceases to astonish me.

Posted On 06/04/2024

plastictekkie

I recently greatly increased my Vitamin C loading after they discovered a skin cancer on my cheek. But, at the same time, I really overindulged in some Chocolate bars from Trader Joe's. That's when I discovered how painful a kidney stone can be! Not a good combination!

Posted On 06/05/2024

RonaldHL

Scary! But the answer is counterintuitive. I had the same resolve in my quest to make healthy decisions, so for over a year eliminated the foods that have large amounts of oxalates thinking that I was doing a good thing. I also went on an illusive quest to learn how to ferment high oxalate foods with Oxalobacter Formigenes to remove the oxalates and even asked here in comments. I finally found out how to do it. I even purchased a microscopes and laboratory equipment for that quest to find the fermentation conditions that I needed to optimize. I was willing to do a lot of study, work and experimentation particularly because chaga greatly improved my eyesight in two weeks, but I discontinued it because chaga contains toxic levels of oxalates!

Sounds like a bad thing, no doubt. But, as we've seen in healthy living concepts changing back and forth from do to don't to do to don't, oxalates are like this and super scary since needle like oxalate crystals cause inflammation and calcium oxalate stones can cause serious health consequences. Of course, the logical and obvious solution is to avoid oxalates and who would counter that! Me! I resumed eating high oxalate foods and I make sure I take extraordinary amounts of far beyond toxic levels of chaga twice a day! The solution to all that work and research that I intended is so very easy.

It's nothing. The key to fermentation of oxalates with Oxalobacter Formigenes is simply to be sure to never miss a meal high in oxalates. See, I said counterintuitive! Oxalobacter Formigenes exclusively eats oxalates. When we fail to feed them living in our gut, the colony dies off. Then without them present, random meals containing oxalates get no mitigation and oxalates go into the bloodstream where they form needle like crystals in tissues causing inflammation and oxalates combine with calcium to form calcium oxalate stones. Now, with a healthy colony of Oxalobacter Formigenes, I consume toxic levels!

Posted On 06/05/2024

efapaul

Only cook with saturated unprocessed clean fats and fish & krill oils have 4-6 double bonds for rapid oxidation. So they make flax in reality look safe. You have been misled and should never take EPA/DHA PUFAs in concentrated amounts or for the long term. The key is fresh unadulterated PUFAs (mainly cis LA -only 2 double bonds) in fresh foods (unadulterated fresh seeds or nuts -not roasted in shell). Mother nature teaches us balance and moderation -lesson here is LESS is MORE ! Therapeutically it gets more complex by introducing "Dietary Manipulation of Eicosanoids using balanced approach of PUFA derivatives. Paul Beatty BA,BPHE,MBA Lipid Biochemist and Eicosanoid Consultant

Posted On 06/04/2024

AntoniaG

But he is promoting it, Cabochon.

Posted On 06/04/2024

cin5839

After years of trying everything to bring comfort to my poor dog for endless itching and miserable skin conditions, a blood test revealed he is highly allergic to....FLAX SEED, which is in most commercially prepared dry and wet dog food and many supplements. Even the new wave of "non-kibble" real human grade foods contain it. I hope you are able to bring the bad side of flax out in the open for our furry friends too. Thank you for your great efforts!

Posted On 06/04/2024

spring71

I would like to make a correction to something I posted on, I believe, June 4th, but I couldn't find the post, so maybe it was deleted. Anyway, I posted that I had Flax oil I purchased from the Mercola website. That is incorrect! I checked and I purchased Black seed oil, not Flax seed oil. I apologize for the incorrect information.

Posted On 06/06/2024

dkehrler

I had several bags of flaxseed also. I threw them out in my yard for the birds.

Posted On 06/05/2024

JesusBondservant

Thank you so much for this information. I had no idea that "flax-seed" was actually "linseed" I had been using milled flax-seed as a tasty additive in my home-baked bread as it added a delicious "nutty" taste to the bread. I so appreciate your work and sharing such valuable, TRUE and VALUED information regarding health issues (and other things!) with us. Thank you for what you do, Dr. Mercola.

Posted On 06/05/2024

RonaldHL

ALA - The key to seasoning cast iron cookware! I graduated from using high alpha-linoleic acid oils to pure ALA! But, I suspended getting really into it with Mercola.com article induced iron overload concerns, so I've been cooking in Pyrex glass and stainless steel after decades of cast-iron. I've even been scared off from grilling temperatures and now steam in my pressure cooker at regulated much lower temperatures with no oxygen present. I want oxidized cross-linked ALA for my cast iron frying pans and Dutch ovens, but I have more questions than answers and still seeking answers with openness to the answers being counterintuitive and contrary to ever-changing conventional wisdom.

I know I have high iron. Is my systemic iron overload real or is it the key to my extraordinary oxygen delivery to my muscles and tissues? Is it causing oxidative stress or is it the reason I run around on the peak of Mt. Elbert as if it is sea level while my athletic friends can hardly move at that altitude?

Is it causing organ damage and hindered function or is it the key to my bicycle racing performance in hundred mile events with the world's best professional bicycle racers? Could I even do that with impaired liver function? Still, iron overload articles are scary! For decades, I cooked in cast iron. With those scary articles, I put my cast-iron cookware away until I learn the elusive answers and sort out seemingly contradictory realities, so for now my ALA cast-iron cookware seasoning project is suspended.

Is some of the crosslinked oxidized ALA in my frying pan seasoning getting into my food (IF I use it for cooking)? Would it cause me harm? How much iron would I be getting? Too much? Is it not doing me harm for some anomalous reason yet causing harm to others? Am I different? Is my level of high iron harmful? Is my body regulating iron? Is it using it well or is my body being harmed? I feel great! Athletic performance is phenomenal, yet blood tests show what is presumably scary!

Posted On 06/05/2024

RonaldHL

Regarding: "So, the flax industry needed to find another market for it – enter the health food market and lots of marketing!" That's reminiscent of fluoridation of municipal water to get rid of a toxic waste product for which the environmental protection agency creates fines and harsh and expensive mitigation protocols causing industry to find a "use" for it.

Posted On 06/05/2024

Russell

Consuming flax in large amounts can have negative consequences. By using flax for artistic purposes, you can appreciate its versatility and beauty without risking any potential health problems.

Posted On 06/04/2024

goodbody2

This is SO bizarre. Everybody and everyone else seems to think that flax is the greatest thing on earth. Who'da thunk? Guess Bob's Red Mill flaxseed meal has gotta go

Posted On 06/04/2024

shampoo1

The timing of this could not have been better, Dr. Mercola. This morning I took a can of a phytoestrogen supplement powder out of the cabinet to start taking again starting tonight. It is soy, flax, etc, and was recommended by a Naturopathic doc to help prevent estrogen from falling, as I'm entering the change time of life. Don't want Alzheimer's, and had been warned to not let estrogen fall. Estradiol lab just came back at the bottom of the range, so I figured I better start swallowing this stuff! I've never been clear on Estrogen. My Dutch test confused the heck out of me. Supplements like Methylene Blue may lower Estrogen...

so is that not good during menopause for women? I take it (thank you!), and love it, but hope it's not a problem. Is a fall in Estrogen an increased risk for Alzheimer's with certain genetics? I seem to recall reading this is Dr. Dale Bredesen's writings. And, if Estrogen (or any type of Estrogen or lab value) is to be kept to some predefined range, what is a better way to do this than flax and soy. Bioidentical hormones, I assume? Anyway, I do not expect answers here and now, but please consider a future article covering these topics someday... The drop in Estrogen in women, risks and solutions. Thank you.

Posted On 06/04/2024

Dr. Mercola

For the most part estrogen is NOT your friend, but one of the main reasons you get sick. The goal is to counter it with progesterone administered properly. Do NOT take estrogen or estrogen supplements unless you want to abandon virtually any chance of getting sick. It is nearly as dangerous as endotoxin.

Posted On 06/04/2024

ann411640

Oh great! My husband uses the Budwig Protocol (3 tablespoons of BARLEANS flaxseed oil blended with cottage cheese, and topped with 2 tablespoons of freshly ground flax seeds.) We used this as breakfast. It is actually recommended on many alternative cancer treatment sites. My husband has NSCLC stage 2b, no mets, had him on Budwig, and Graviola (B17), and were jumping on the Joe Tippen protocol wagon, with the Fenbendazole. Yes, I know, dog dewormer, but people will try things when faced with aggressive cancers to possibly avoid the chemo cocktail.

Hey, some people do these things with traditional treatment, so what to do? Well, my confidence in my attempt to self educate is a bit shaken. I guess we could just can it all and go for lovely chemo and then surgery to remove his middle lobe. Frustrating to say the least. They say he is curable at this stage, going their route, yea mmmhmmm, if he can survive the chemo and surgery. I only commented on this because the flaxseed oil in the Budwig Protocol is fairly popular in the anti-cancer camp. Bummer SMH

Posted On 06/04/2024

iro5345

I just threw my Walnut oil in the trash. I was part of a health food coop and had flax seed oil and we used to feed flax seeds to or chickens. I will never do that again. We also sold bread at a farmers' market and a favorite of our customers was a Whole Wheat Flax seed bread. This lesson has been so good Thank you Dr Mercola!!!

Posted On 06/04/2024

m4designusa

Not just paint! ;-) Linoleum is a floor covering made from materials such as solidified linseed oil (linoxyn), pine resin, ground cork dust, sawdust, and mineral fillers such as calcium carbonate, most commonly on a burlap or canvas backing.

Posted On 06/04/2024

plastictekkie

And how I still remember the pugniant smell when, as a kid of 10 or 11, I helped my Grandmother unroll a big roll of Linoleum and tack it down on her kitchen floor. Then we cut a leftover piece and tacked it on the worn kitchen table (we were poor). Years later, in high school chemistry, it was described just as you did. As an adult, I've found Linseed Oil to work great on the handles of hoes, shovels and other garden tools.

Posted On 06/05/2024

smalldar560

They also use flaxseed in some frozen raw dog foods. If it is bad for us, then it has to be bad for our pets also.

Posted On 06/04/2024

memeknight1

Yikes! 'it lowers endogenous production of cholesterol ' explains why my aunt was able to lower her cholesterol as she started taking flax oil but her rheumatoid arthritis got worse.

Posted On 06/04/2024

mourningwarbler

Amazing how everything we taught has been upside down! Is linen made from flax any good? Most clothes today feel like they're made of plastic.

Posted On 06/04/2024

PintoHorse

Who knows why, but some people find it virtually impossible to change their diet in any substantial way. (I have relatives like this.) I would suggest that the majority of persons probably fit into this category. This is why medicine of all kinds (including herbal) was developed. The reasons for inability to change diet enough to improve hormones could be emotional (trauma from the past) or overall lifestyle-related (they have to do strenuous labor every day, which brings on cravings) or - who knows! JMO and thank you for your attention.

Posted On 06/04/2024

JudyCharl

Okay, so another "truth" I was raised on, out the door! Makes sense with everything I've learned (much from this site) over the last 5 years, but damn, seeing it in writing about flax really brings it home.

Posted On 06/04/2024

greenlion

So this means Budwig Cream is bad.

Posted On 06/04/2024

jca652041

I have a feeling hemp will wind up going the same way. Might buy a hemp rope or clothing, but refuse to ingest anything hemp.

Posted On 06/04/2024

TruthST8up

Flaxseeds and oil go rancid quickly, and the seeds will be sticky and actually smell like paint. Linseed oil is so unstable if left on a rag exposed to oxygen, it can spontaneously combust.

Posted On 06/04/2024

louisstark

“Boiled” linseed oil is what is usually found at the hardware store, but it is not really boiled. Solvent is added to it to make it dry, I understand. Raw linseed oil is less common. It does not dry out or form a skin. Flaxseeds kept at room temperature tend to develop an unpleasant odor.

Posted On 06/04/2024

kenbar732

Hi Louis. The double bonds in linseed (flax) oil break and form a more solid material when exposed to oxygen. The "solvent" in the paint is used to make it paint-able, spreadable. Usually, a small amount of cobalt is added as an accelerator to make the paint dry faster. Cobalt is an oxygen sponge, that passes the oxygen onto the paint oil. Yes, the solvent will evaporate, (usually VMP--- varnish makers & paint thinner which you can buy at the hardware store), but the main feature of linseed oil is that it will "dry" and form a film from oxidation, taking on oxygen. This feature is also used in printing inks. There is a "danger" of using these oils to paint, because rags used to wipe it up have the oil and solvent in them, plus the cobalt accelerator, and they have a tendency to oxidize rapidly when bunched together, and ignite.

Yes, they do boil or heat the linseed oil for paint to make it thicker (so partially oxidized) , then dilute with the solvent so you can paint it. Not very common in use anymore. Was replaced by latex paints, and now acrylic and urethane emulsions which dry because the water evaporates from the emulsion. When I was young, back in the 50s, my Grandmother had the house painted white. You could smell that paint several houses away, and would take days to dry. That linseed oil paint was not very durable. It would weather and oxidize more, become brittle, and flake away. More than you wanted to know, I'm sure.

Posted On 06/04/2024

nesanel

Interesting, because I know people who take it (they grind the seeds in coffee grinder, and consume the powder - some buy oil). Where did the idea of it being a health food come from?

Posted On 06/04/2024

MoMac46

I knew that flax seeds go rancid quickly. This article with the mention of thyroid. reminded me that my daughter's mother in law takes a spoonful of olive oil every morning and she has hashimoto thyroidism, can someone tell me if taking a spoonful of olive oil each day will make her worse.

Posted On 06/04/2024

plasticekkie

I, too, have Hashimoto's. Mine is "brittle dose"; so under-dosing and over-dosing on genuine Synthroid both make me feel tired. I have never found any connection between Hashimoto's and olive oil. We use butter for almost all of our cooking or baking oil, or lard sometimes for a few family recipes. Olive oil is 3rd and last on our oil consumption list. If there is a connection, I, too, would like to know.

Posted On 06/05/2024

m231231

Dr. M would surely not approve of my childhood behavior. As soon as I could see over the steering wheel, maybe 9 or 10, I was fueling up gas powered (vs diesel) milk trucks loving/inhaling the smell of gasoline. That would be on his no-no list! I really thought this kid had found paradise. My last Coke was mid 80s in Vegas so soft drinks in today's plastic is not a concern. Heard the sugar doc , Dr. Lustig, on you tube yesterday say one coke daily raises your diabetes risk 29%. Guessing the combo of sugar and plastic is not a good combo to exist in. I got to go learn why there are 90,000 over 100 years old living in Japan. I know no one cares, but at 135 miles, 2,375 (100 yarders) of sprints. Still boring as hell. Goal 568 miles or 10,000 and getting to 10th or 11th grade weight. Can't out exercise a bad diet but can out exercise a good one.

Posted On 06/04/2024

nesanelis

yes, I also liked smell of gas - and cigarettes - when I was young. Has changed over the years!

Posted On 06/04/2024

WildAsTheWind

You need to let Sayer Ji know this. He has been advocating for flaxseed for hormone health, but like so many, (including myself), who have been trying to help women with hormone issues, he and we didn't know the harms of using flax. Of course, we know that it's unstable and oxidises quickly in oil and crushed form, etc... but, we thought it was okay as a complete seed. Thank you so much for the work you are doing. I will amend my content on www.wildasthewind.com courtesy of this article.

Posted On 06/04/2024
