

Nova Detox Cleansing and Relaxing Foot Patches

Health Benefits of Flax Hulls Lignans

The flax seed used to produce this product are organic grade flax seeds and a mechanical process is used to mill the flax seed so that there is no oil or seed material.

Contain high levels of a botanical lignan (between 30-60 mg) called secoisolariciresinol diglucoside (SDG) which is a phytonutrient.

They are converted into mammalian lignans called enterodiol (ED) and enterolactone (EL) in the bowel by friendly bacteria before the body can absorb the lignans efficiently.

This is one of the reasons why we recommend that this product is best used with [live probiotic capsules](#).

At the same time the flax hulls are excellent nutritious dietary fibres delivering both soluble and insoluble fibres.

Flax hulls contain Cobalamin which is a form of Vitamin B12, boost the body's immune system and help stop excessive free radical activity and are more potent as an antioxidant than the darkest leafy green vegetable!

Kale is a vegetable that has one of the highest ORAC values (the measurement of antioxidant).

Kale's ORAC value is 1770, while concentrated flax hull lignans have an ORAC value of 19,600!

Prunes are the fruit with the highest ORAC value at 6,770, which still doesn't come close to flax hull lignans!

- Provide the Recommended Daily Value (RDA) of Vitamin B12 in the form of Cobalamin
- Provide excellent nutritious dietary fibre (both soluble and insoluble)

The flax hulls are **certified organic** by U.S.A. Organics (Cert. # US-ND-P0012) & Global Organic Alliance, Inc. (Cert. # 4276) both of USA.

The flax hulls are **certified Kosher** and Pareve by VAAD HA'IR of WINNIPEG, Inc. of Canada.

Menopause

Concentrated flax hull lignans are the best natural substitute for oestrogens for both men and women.

ED and EL mimic oestrogens in the body and are better than HRT for eliminating menopause symptoms such as hot flushes.

Cholesterol

A study at U Saskatchewan shows 73% reduction of plaque build-up in the arteries, and also a reduction of total and LDL cholesterol.

Check your cholesterol levels with our [cholesterol home test kit](#).

Muscle damage

Reported by Physiotherapy Research in 1995, pre-treatment with a Lignan-enriched extract was protective against physical exercise-induced muscle damage.

Another Study shows the positive effects on bone mineral density and to protect against calcium loss.

Research

Research - flax seed hulls, *(Obermeyer W, et al (US Food and Drug Administration, centre for Food Safety and Applied Nutrition, Div. Contaminants Chem., Natural Products Branch), Meeting Of The Federation Of American Societies For Experimental Biology On Experimental Biology March/April, 1993, Faseb J (Fed Am Soc Exp Biol), A863, 1993

Fortified Flax Hulls are essentially flax hulls (lignans) as described above *fortified with 3-day old broccoli sprouts*. Broccoli sprouts have been studied by Prof. Dr. Paul Talalay of John Hopkins University (MD, USA) and found to contain high levels of glucoraphanin. Glucoraphanin when chewed releases a powerful antioxidant called **Sulforaphane**.

Studies have found that 3-day broccoli sprouts contain the highest level of Glucoraphanin and the reason that they are chosen to fortify the flax hulls. These 3-day old broccoli sprouts are grown organically from specially chosen organic seeds. After harvesting, the sprouts are freeze-dried to preserve its properties.

Phytoestrogens are naturally occurring compounds that lower circulating estrogens in your body. Flaxseed is particularly high in one phytoestrogen, lignans, which appears to decrease estrogens production.