

*Archive Newsletter : Originally published November 2001*

## **Flaxseed Oil for healthy skin**

Flaxseed Oil is a rich source of Omega-3 fatty acids (even more potent than fish oil) as well as a good source of Omega-6 fatty acids.

Omega-3 fatty acids help to produce prostaglandin 3 series (PG3), the body's hormone like compounds, which help to control many cell functions. Numerous clinical studies have shown the many health maintaining properties of fatty acids, from the skin through to the immune system.

Flaxseed Oil provides the correct balance of fatty acids for maintaining healthy and flexible cell membranes as well as maintaining a healthy immune system.

In one recent case study a small eight month old boy was experiencing a lot of discomfort with sore patches of red skin over his arms and legs. Three weeks after a visit to a nutritionist and the taking of Flaxseed Oil his legs had cleared up almost completely and his arms were much softer. This to me goes to show the amazing skin health maintaining properties of Flaxseed Oil.

Flaxseed Oil is available in several forms, but the most convenient way to take it is in the form of a capsule. You gain all the benefits of taking the liquid but without the hassle of carrying a jar and a spoon.