

LINSEED TEA

Linseed (flaxseed) tea should be taken three times daily, between meals. It can be added to all hot drinks or to plain hot water. Most clients find it extremely soothing and calming:

2 x tablespoons whole linseeds (flaxseeds)

2 pints of water (1 litre)

- Bring to the boil and turn off.
- Cover for 12 hours (or at least a few hours)
- Cover the pan and bring back to the boil very gently and simmer for 1 hour
- Strain straight away and throw away the seeds

You will be left with a gloopy liquid when cooled which can be stored in a fridge for 3-4 days. Add a little of the gloopy liquid to your drinking water 3 times a day.

Put a small amount (about a dessertspoon full) into a mug and top up with hot water-mix well and drink. Ensure that the 'tea' has dissolved as much as possible into the hot water or herbal tea. The amount that you use can be adjusted to taste.

Linseed tea should be drunk between meals and will help bowels, sooth the whole of the gastrointestinal area and help to balance blood sugar levels.

Benefits of flaxseed tea

Flaxseed tea is a very gentle way of stabilising the blood sugar levels whilst at the same time introducing a water and oil mix into the intestines as flaxseed contains essential fatty acids such as omega 3.

Linseeds also contain Lignans which have many health benefits, including anti-estrogenic, and supporting a healthy colon.

Linseed tea helps to sooth the body and reduces the stress signals because it helps to reassure the body that it is more hydrated. It is the colon that holds the reservoir of water in the body.

Water and oils work together and without fats and oils we are not be able to retain water efficiently and effectively; the oils keep the water in the correct place in the body. Linseed tea can therefore immediately reassure the body that it is not dehydrated and will therefore start to stabilise the blood sugar levels, which are intimately linked with water balance in the body.

Flaxseed tea helps:-

- Rehydrate the body
- Stabilise blood glucose levels
- For high anxiety (linseed tea is amazingly calming)

Please have a read of this article here on the benefits of Flax Seeds

<https://draxe.com/nutrition/10-flax-seed-benefits-nutrition-facts/>