5 Benefits of Flaxseed

Choosing to have a healthy lifestyle after indulging in a sedentary one is never easy. It takes a lot of commitment and adjustment in order to reach your fitness goals. It takes more than a gym membership and occasional physical activity for the changes to be lasting.

In the process of leading a healthier life, people tend to focus more on exercising. While consistent physical activity is important, not thinking about your nutrition could easily be the downfall of achieving your goals.

Just like working out, eating right takes a bit of practice. The change will be more effective if it is done gradually. One way to do this is to introduce a few superfoods into your diet. This is a great way to ease your body into eating healthier. Flax seeds should be the first thing to start incorporating and put on your shopping list.

Below are a few health benefits you can get from this ancient superfood:

1.Feel Full For Less Calories

For people who are trying to lose weight and are dreading cutting back on food, flaxseed is a good compromise. Flaxseed contains high levels of mucilage gum content. This fiber keeps food in the stomach - making you feel full for hours.

It also helps with detoxification and reducing your sugar cravings. Definitely a cheap option when you are trying to shed some pounds without having to starve yourself.

2. Bright and Glowing Skin and Hair

Glowing skin and hair usually is a result of proper nutrition and exercise. So adding flaxseed into your beauty routine can give you the added shine.

If you are looking to have healthier hair, skin or nails, put at least a tablespoon of flax seed oil in your fruit drinks. You also have the option to use this organic compound as your topical moisturizer.

3. Looking for Gluten-Free Options? Flaxseed is a healthy choice for this as well.

If you happen to suffer from gluten allergy, you are already probably aware of how difficult it is to find filling gluten-free food options. Flaxseed is an affordable alternative for those who have Celiac disease. Likewise, it is a great source of Omega-3 for people who have adverse reactions to seafood.

4. Cancer and Flaxseeds

At the moment, there still isn't a proven and tested cure for cancer. Nevertheless, organic options like flaxseed does play a hand in fighting off the development of cancer cells. Flaxseeds contain certain nutrients that naturally balance hormones thus preventing development of breast cancer.

5. Constipated? Include Flaxseeds in Your Diet

Constipation might not be life-threatening, but it sure is uncomfortable. It makes you sluggish, lethargic and unproductive. One of the biggest benefit of flaxseed surround digestive health. You only need 1-3 tablespoons of flax seed oil in one of your drinks like juice and it can help relieve the uncomfortable symptom of constipation.

Flaxseed has so many health benefits and can easily be added to your diet. Buy a bag of seeds or ground flaxseed and start adding in your recipes. It has a slight nutty taste, but not enough to make a huge difference in your cooking.