



PURA VIDA HEALTHCARE

Your Mind-Body Connection

Lowering Blood Pressure by Adding Flax Seeds into Your Diet

~Dr. Nicola Dehlinger

A double-blind, placebo controlled study by Dr. Delfin Rodriguez just came out of LA that demonstrated the largest decrease in blood pressure (BP) (10 mm Hg systolic and 7mm Hg diastolic after six months) ever shown by any dietary intervention. It is predicted that this level of decrease in BP would reduce incidence of stroke by 50% and heart attacks by 30%.

These results are as effective as antihypertensive drugs, low-salt diets and weight loss. Not only that, the patients eating flax seeds showed a twofold increase in alpha-linolenic acid and a 10-fold increase in enterolactone levels (meaning good fats).

Flax seeds have been shown to be anti-inflammatory, anti-arrhythmic, and antiatherogenic. There has also been a link between flax seeds and reduce cholesterol and trans-fats in the blood.

What I found most fascinating was Dr. Rodriguez's comment that he attributes the success of flax to a synergistic effect of the alpha-linolenic acid, lignans and fiber that are all present in flax seeds. This is exciting because it shows that the wisdom inherent in the whole plant is finally getting the scientific recognition it deserves. Whole foods are always better than their parts.