

ANTECEDENTS

IMMUNE AND INFLAMMATORY BALANCE

great source of Omega 3's which help tame inflammation

ENVIRONMENTAL INPUTS

SLEEP/RELAXATION

GASTROINTESTINAL

whole seed helps with good bowel movements (2 - 4 tbsp. per day)
helps support good gut health = fiber

OXIDATIVE STRESS, ENERGY PRODUCTION

EXERCISE/MOVEMENT

TRIGGERING EVENTS

STRUCTURAL INTEGRITY

supports good liver health and detox pathways (for excretion of excess estrogens that contribute to estrogen dominance)

DETOXIFICATION

NUTRITION/HYDRATION

- + purchase as a whole seed and only grind when needed
- ground, store bought flax meal = oxidation
- + store in a cool or cold place

STRESS/RESILIENCE

MEDIATORS

- + lignans are phytoestrogens that contribute to positive estrogen metabolism
- can cause breast pain or digestive distress in select women

helps regulate blood sugar balance
used in seed cycling during the follicular stage to balance hormonal cycle and symptoms

HORMONES, NEUROTRANSMITTERS

RELATIONSHIPS/NETWORKS

MIND, SPIRIT, EMOTIONS, COMMUNITY