

Fat is good for you, honestly!

“Wherever flax seed becomes a regular food item among the people, there will be better health.”

Mahatma Gandhi

Omega-3 fatty acids are big news. Barely a day goes by without a newspaper headline telling us how important essential fatty acids (EFAs) are for good health.

First, there was all the evidence which showed EFAs helped increase academic performance and behaviour in children. Next, we heard that EFAs have a role to play in the prevention of heart disease and even lowering cholesterol – yes, lowering the levels of bad fats in the blood, by taking good fats! Then we are told that EFAs are important in skin health, helping to relieve conditions from eczema to psoriasis. Well, now it turns out that EFAs can even help with weight loss. Taking good fats to lose weight actually makes a lot of sense scientifically; EFAs have been shown to link with oxygen and enhance electron transport, key activities in energy output within the cell, effectively boosting metabolism.

Surveys prove that around 80% of the population is deficient in EFAs. Commercial refinement of foods containing fats and oils has almost eliminated beneficial EFAs from our food chain.



We recommend Flax Seed Oil, preferably organically grown. Flax, also known as linseed, interestingly, used to be one of the major sources of cloth fibre (Linen) until the cotton industry took over. The versatile flax seed produces an oil which is one of the richest sources of Omega-3 EFAs. It has 57% more Omega-3 fatty acids than fish oils!

Check out Viridian's 100% Organic Golden Flax Seed Oil 200ml. Price £7.70 for 200ml. Take one to three teaspoons daily. It can be taken off the spoon, or drizzled over foods or mixed into smoothies. Do not cook with it, as heat will destroy the vital elements.