



Flax/Chia Grind

The combination of ground flax seeds and chia seeds can help bring bowel transit time into the normal range. If the bowels are moving too slowly (constipation) or too quickly (diarrhea) the bulking aspect of this healing food can help.

To prepare:

Buy a package of whole flax seeds and a package of whole chia seeds, preferably from the refrigerator or freezer section of a reputable grocer (like Natural Grocers). Bring them home and store in your freezer. Note: flax seeds come in either “golden” or regular color – both have the same medicinal value, but the flavor of golden flax is preferred by most.

Once a week, measure out about ½ cup of flax seeds, and ½ cup of chia seeds – pulverize them together in a coffee grinder or similar, and store them in a small container in your refrigerator.

To use:

During the week, consume 1-2 Tablespoons of the 50/50 mixture daily. It can be spread over meals, sprinkled over salads, put into smoothies, stirred into cold drinks (not hot), etc.

What to expect:

It will take about 4-5 days for your bowel transit time to shift. This healing food acts as a bulking agent and a scraping agent – to “scour” the interior of the gut. It is not a laxative, and it is not an anti-diarrhea medication. Rather, it acts to normalize the bulk of the stool, to promote normal peristalsis.

This healing food also is a rich source of the essential fatty acid ALA, and omega-3 fatty acid.