

Linseed...

By Dr. Fred J. Steed

a small brown seed, known for its oil that is used in paint making. Linseed is also well known for its qualities in helping sick stock to health. Another usage of this seed is supplying race horses with it, so that they may be able to maintain their galloping power and maintain an excellent coat which shines. Yet another way it is used is to feed it to poultry in order that their plumage may flourish and take the prizes in the bird shows.

Contains Vitamin B17

Linseed is best known for its use as a poultice when it comes to being used for the benefit of man. One will read little other in any of the older books on tests, and yet there are those who have used it in cough medicines and also as a food. One will not find linseed mentioned in any of the official listings of foods in the U.S.A., or Australia. The reason given to the writer by the C.S.I.R.O. is that linseed is too high in substances called **Cyanoglucosides**. These being a combination of Cyanide and glucose. Today this substance is called Vitamin B17 and has come into prominence in the relief of degenerate diseases such as cancer. (See World Without Cancer).

This substance, Vitamin B17, is found in most seeds, particularly in Bitter almonds, Flax or Linseed, Plum, Peach, Apricot seeds.

Linseed however is desirable for many reasons. It contains a very good oil with a good iodine count and has a melting point of 700 F, 210 Cent. This is below body temperature and is very easily assimilated in its fresh state as **found in the seed**. There is about 33 1/3% of oil in the seed.

Protein is also high after the oil is extracted, the protein content of the remainder is about 35 to 40%.

It contains NO STARCH at all; which means there is no need to cook Linseed, it can be digested well without cooking, and the oil is best not heated. [* the heating of the oil will destroy the essential fatty acids Omega 3 and 6] * 1998 added.

Other properties are minerals - Calcium, Phosphorus, Iron, Magnesium, Manganese, Selenium and others. It has NOT been possible to find a complete detailed list of all the properties of the Linseed, however, we have enough to see that it is rich in minerals and it is said, many times richer than most grains, at least 3 times. It is alkaline forming in the body.

Used for Animals

We have ample evidence that it is very good to restore sick animals, gives them good strength and healthy skin and plumage for birds. The skin and hair reflects the health of the liver and bowels.

For Humans

Today more people use linseed than in the past, no doubt due to the influence of such people as Dr. Vogel, the Swiss Nature Doctor who states that those who will use freshly ground linseed each day will have a healthy liver and keep healthy all their lives.

The work of the late Dr. Kath Reynolds, Nutritionist, of Indio, Gulf, U.S.A., was herself the first proof of what linseed would do to save a hopeless situation. She recovered herself from skin and bone to the bloom of youth in two years and did 31 years of useful service in saving like cases with similar treatment. Her advice was always "eat lots of Flax seed---. This she told me in 1964 when visiting her at her guest ranch in Indio amongst the date palms.

In 1960 I had a letter from D.R. Hiatt, a publisher of the "Journal of Natural Living- also publisher of the book---Back to Eclen- by Jethro Kloss. Mr. Hiatt told me he was dying of liver cancer and he got well by eating linseed.

No doubt Linseed does what it does because of the combination of all its properties, not any one thing or substance it

holds. We could take a look at one of its elements, Selenium - now this element may not be generally known. It is required in small amounts only, like so many of the trace elements. It needs to be less than 10 parts per million, otherwise the body cannot handle it. Rats have been treated with less than 1% of the toxic dose of sodium selenite and the result was complete protection from Necrosis (death of the liver).

There is ample proof that Linseed freshly ground used daily will bring about a state of well being. I can testify to this myself as well as all the cases that have been brought to my notice.

How to Use it

Owing to the low melting point of the oil, it becomes rancid quickly, especially in warm to hot conditions, so the seed needs to be ground fresh each 3 to 4 days at the longest time for greatest benefit.

Do Not Cook

There is no benefit in cooking it at all, for this heats the oil and makes it less digestible. Grind it up in a blender or vitamizer machine or hand grinder.

Where to Use it

To get a daily ration of this ground seed, start with breakfast - either shred or grate an apple or two, then mix 3-5 dessertspoons of ground Linseed with it, add a few sultanas or chopped ripe banana, or the like, and you have a very good healthful alkaline forming, strength giving breakfast.

OR if you wish to use some grains like oats, wheat or corn or muesli type preparation, cut back a little on the amount and add your serving of Linseed (3-5 dessertspoons).

OR if you wish to have a vegetable soup, after cooking and serving you can add your serving of Linseed to the soup. Mix it in mashed vegetables etc. You will think of lots of ways to use it.

For the baby and children - millet meal ground fine is a good grain porridge and the best of all, after cooking add a teaspoon to dessertspoonful according to age of child. Grains should not be given to babies before they have teeth.

Mix ground Linseed wherever you think you can use it - with honey for a spread or wherever. The main thing is to get your Linseed to improve the state of your liver and bowels.

The Liver

The liver is the most important organ you have. Its functions are many and Linseed will get it healthy and keep it healthy. But you must not put into your body substances that destroy or upset the liver for then all the body suffers.

Things to avoid

Animal fats from meats, heated oils of all types, coffee, white sugar, refined substances, drugs of all types, alcohol all types, cheese, block type or matured, heavy starchy food of refined grains. Over amount of animal proteins. Peanuts, Navel oranges and onions can be difficult.

Things to eat

Plenty of fruit and vegetables, seeds, correct amount of whole grains and legumes. Only small amounts of animal products, nuts, almonds are the best (some people are better without grains until they get well).

Bowels

Linseed will provide your body with a high amount of mineral matter, good protein and energy food (mixed with stewed apple). It will act as an internal poultice and draw from the walls of the bowel toxic materials and help expel them because of its musilagous nature. It will regulate the bowels to good regular action and increase the circulation, and build the body

helping to gain weight in underweight people, and will help to throw off toxins and get rid of excess weight in the overweight people, but they must avoid the foods and substances stated above and live on fresh foods.

Advice

For those who have not eaten Linseed before, it may be advisable to use a small amount for a start and work into a larger serving. You may stir up your liver too fast, and then it will also be easier for **you to become accustomed to the flavour** in small amounts. It has a nutty flavour when fresh. If it is excessively bitter it could be old stale seed. See that you procure clean seed free of any weed seed.

Where to procure

You should be able to buy Linseed at a health food shop, or produce store. Make sure it is clean and fresh.

Eat it regularly and gain that Linseed Smile.