

Flaxseed -its anti -dehydration properties

People use flaxseed (also known as linseed) for many heat related (see note 1) conditions related to the gastrointestinal (GI) tract, including ongoing constipation, colon damage (perhaps from overuse of laxatives), diarrhoea, inflammation of the lining of the large intestine (diverticulitis), irritable bowel syndrome (IBS) or irritable colon, sores in the lining of the large intestine (ulcerative colitis), inflammation of the lining of the stomach (gastritis), and inflammation of the small intestine (enteritis).

People don't immediately make the connection between inflammation and dehydration, but its there. Where there is inflammation, there's dehydration. The colon, in particular, registers dehydration quite profoundly.

With all the focus on good fats, everyone knows that flax seeds are packed full of omega 3 essential fats, but not so well known is that because of their hydrophilic (water loving) nature, flaxseeds have a potent usage in hydrating a chronically dehydrated body.

We all know we need to be better hydrated and drink more water. Water round the cells is like oil in an engine, it is a functional requirement. The received wisdom is to drink more water, but an overly stressed body, dehydrated and inflamed, can be like a dry hanging basket. Water it, and watch dismayed as the water just washes straight out, hardly any getting absorbed! The hanging basket hydration solution is to use special compost, which contains gel to hold the water in the soil for longer. Voila, flaxseed tea operates the same way in the over-dry colon; it has the right viscosity to hold water longer in the colon facilitating optimal absorption and hydration. Also its slightly gelatinous nature soothes and relaxes the colon, and that too allows it to absorb more water.

Notes

(1) Heat related conditions typically have the suffix '-itis' as in diverticulitis, colitis, gastritis, and enteritis.