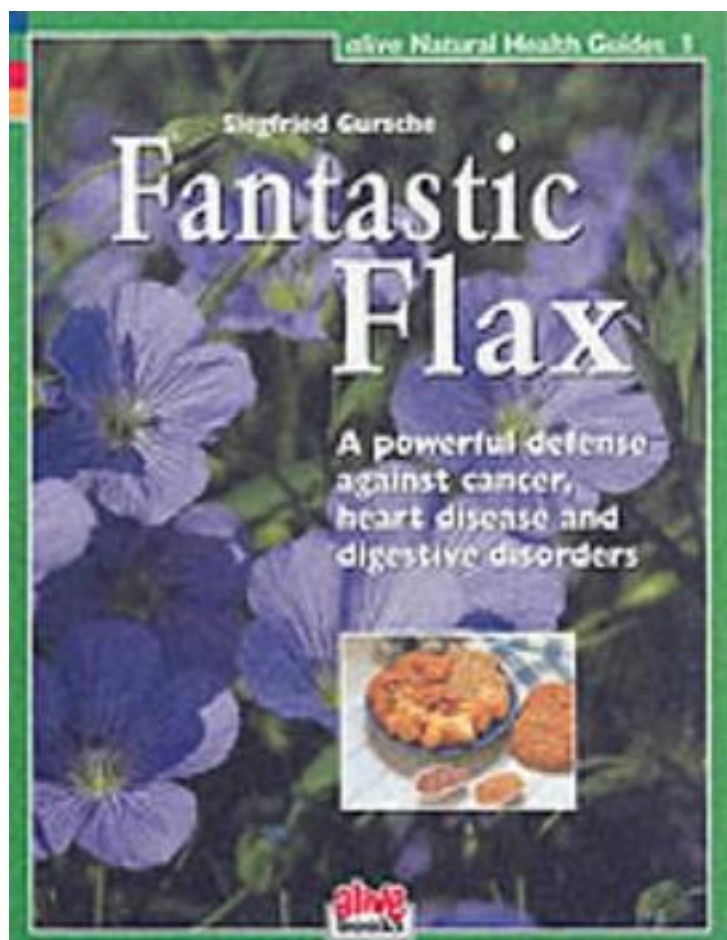


# Fantastic Flax



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In the world of health and nutrition, nothing is as powerful or simple as the humble flax seed, a powerhouse of nourishment and a superhealing food. Fantastic Flax describes the amazing healing properties of flax. Here is simple advice on how to incorporate flax

seeds and oil into a daily diet, as well as recipes for quick and easy breakfasts, lunches, sa ads, and baked goodies. Also included are step-by-step instructions for preparing flax facial scrubs and poultices.

作者介绍:

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