



# Flaxseed Recipes: Lose Weight, Gain Energy, & Achieve Overall Wellness

*Michelle Bakeman*

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## **Flaxseed Recipes: Lose Weight, Gain Energy, & Achieve Overall Wellness** Michelle Bakeman

Flax seed is a new super food that is taking the world by storm. This wonderful ingredient has numerous health benefits and can be incorporated into a variety of foods!

Flax seed benefits include:

- Reducing risk of heart disease
- High in fiber
- Reducing chances of diabetes
- High in omega 3
- Reducing risk of cancer
- And much more!

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