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Be Healthy Again

Importance of flax diet and method of preparation of flax diet



In Dr Johanna Budwig theory, Flax seed based diet has abundant Lignans which detox the cell, and, Omega-3 and Omega-6, which will regulate the cellular metabolic activity and cellular respiratory system. As per her research, one glass of Flax diet (consisting of 1 tablespoon of raw flaxseeds + 1 tablespoon of cold pressed Flax Seed Oil with 100 ML of curd), is equivalent to 100 KG of nutrient value found in Peanuts in terms of Lignans, Omega-3 and Omega-6 fatty acids. This principle enhance the body immunity holistically.

Nutritional value: Flax seeds contain high levels of Omega 3 essential fatty acids, Omega 6 fatty acids and a substantial level of Lignans. These essential fatty acids help in bolstering cellular metabolic and cellular respiratory activities, and lignans help in detoxifying the cells. One tablespoon of flax seeds, i.e. 15 grams, have a nutritional value equivalent to 45 kilograms of peanuts, or 6 kilograms of cashew nuts, or 1 kilogram of salmon fish. Adding 1 tablespoon of cold pressed flaxseed oil to flax drink, doubles its nutritional value.

Ingredients required to prepare one portion of Flax Drink

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| 1. Flax Seeds | - | 1 table spoon (7.5 gms to 15 gms) |
| 2. Cold Pressed Flax Seed Oil | - | 1 table spoon (15 gms) |
| 3. Curds (Yogurt) | - | 100 gms (1/2 cup to 1 cup) |
| 4. Kalonji Oil | - | 2.5 gms (1/2 teaspoon) |

Preconditions :

1. Drink the flax drink within 15 minutes of preparation
2. Do not consume the flax drink if you are allergic to it.
3. Generally, any forms of seeds will produce heat in the body as they call contain oils in them. To help counteract this, drink buttermilk or pomegranate juice and/or eat salads, green gram, foods rich in vitamin c, fruits and vegetables.

4. DO NOT roast or heat flax seeds before consumption.
5. DO NOT powder the flax powder and store it, flax seeds must be powdered just before consumption.
6. Pregnant women and breastfeeding mothers must not supplement their diet with flax seeds, they must consume the flax drink under the consultation of a nutritionist.
7. Only freshly made flax drink must be consumed, it should not be prepared and stored for later consumption.

Preparations: In a small mixer grinder or a coffee grinder, grind the flax seeds to a fine powder.

In a medium jar of a mixer grinder, add all the ingredients and give it a churn –

- 1) Flax Seed Powder
- 2) Cold Pressed Flax Seed Oil
- 3) Curds/Yogurt
- 4) Kalonji Oil

Add water to adjust consistency to a buttermilk like consistency.

