



Bladder and Bowel Service

Milled Linseed

What is linseed?

Linseed is the seed from the flax plant; these are the source of linseed oil.

For many years linseed has been regarded as a wholesome dietary supplement which can alleviate the problems associated with poor digestion.

In fact its therapeutic properties were recognised as far back in the sands of time as ancient Egypt.

The Benefits

Linseed can be used in 101 different applications including:

- Bread making
- Sprinkled on cereals and yoghurts
- Eaten directly from the pack

Linseed is coated with a fig extract making it even more palatable as well as giving it an extended life.

Another major benefit of Linseed is that it is an excellent source of dietary fibre. However, it is a gentle form of roughage.

Linseed is also rich in Lignin, a form of fibre, which can help reduced cholesterol levels.

Lignin can be converted by the body into various forms of lignans which are believed to be highly beneficial in maintaining a healthy intestinal tract. They achieve this by protecting the mucous membranes.

Linseed can be safely used over long periods with no side effects known. Just 1 tablespoon a day taken with plenty of liquid for better absorption will ensure a generous supply of dietary fibre.

The long term benefits of using Linseed are the strengthening of the muscles in the intestine which will mean that the daily dose can be gradually reduced.

N.B. Not to be taken in instances where there is a history of obstruction, or Hirschsprung's in children.