

FLAX IN HEALTH CARE

A Natural Alternative to Bowel Care Management



What is a Natural Bowel Care Program?

Fibre is lacking in the diets of many Canadians, especially in those ages 50+. Evidence suggests this population is not consuming enough fiber. Gastrointestinal distress, including constipation, is a persistent contributor to health care costs as enemas and laxatives are the go-to solution. These solutions may cause additional side effects and more discomfort. Our natural bowel care program involves regularly including milled flaxseeds in the diet of clients in our care. Incorporating 1-2 tablespoons of milled flaxseeds will reduce the costs of pharmaceuticals and increase bowel regularity and improve quality of life. A survey of Nova Scotia Nursing homes using flax indicated a reduction in the use of laxatives, suppositories, and enemas in the range of 60-80%.

Why Flax?

Flaxseeds provide clients in your care a natural and multifunctional alternative bowel care solution. Unlike the pharmaceutical approach, flax seeds also provide a source of omega-3-fatty-acids, fibre, and protein. The consumption of flaxseed has shown to effectively reduce symptoms of constipation, making it the perfect addition to your client's daily care plan.

References

Soltanian, Nouredin, and Mohsen Janghorbani. "Effect of flaxseed or psyllium vs. placebo on management of constipation, weight, glycemia, and lipids: A randomized trial in constipated patients with type 2 diabetes." *Clinical nutrition ESPEN* 29 (2019): 41-48.
Canada, Health. "Government of Canada." Canada.ca, / Gouvernement Du Canada, 22 Jan. 2019, www.canada.ca/en/health-canada/services/nutrients/fibre.html.

FLAX FLOUR



Milled and sifted flax flour contains all the nutritional value of whole flax seeds. Use this flax to add fibre, omega-3 fatty acids, protein, and antioxidants to many foods, for example, breakfast cereal, applesauce, yogurt, etc.

Comparative fibre, protein, and sugar in various cereals

Cereal	Quantity	Total Fiber	Protein	Sugar
Valley Kitchen Flax Flour	2 Tbsp / 14 g	4 g	3 g	0 g
Valley Kitchen Flax Powder	2 Tbsp / 12 g	3 g	2 g	0 g
Prune juice	2 Tbsp / 34 g	< 0.5 g	< 0.5 g	6 g
Prune spread	2 Tbsp / 33 g	< 2 g	< 0.5 g	8 g
Bran Flakes	2 Tbsp / 4 g	0.6 g	0.4 g	0.5 g
All-Bran	2 Tbsp / 4 g	3 g	1 g	1.5 g

VALLEY FLAX FLOUR PURCHASING INFORMATION

GFS Canada Listings

FLOUR GRAIN FLAX GOLDEN MILLED 1 x 6 KG 1235091



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