

LIGNAN REPORTS

1. "Flax seed lignans have anti-tumor, anti-mittic, antioxidant and weak estrogenic activity, are potentially the richest source of phytoestrogens in the human diet and may be linked to a low incidence of breast and colon cancer. Their significant ability to prevent cancer is recognized by the National Cancer Institute. In addition to having anti-cancer properties lignans also have anti-viral, anti-bacterial and anti-fungus properties".
*(Obermeyer W, et al)(US Food and Drug Administration, center for Food Safety and Applied Nutrition, Div. Contaminants Chem., Natural Products Branch), Meeting of The Federation of American Societies for Experimental Biology on Experimental Biology March/April, 1993, Faseb J (Fed Am Soc Exp Biol), A863, 1993.
2. "This study is critically important not only for breast cancer patients, but for all cancer patients because lignans kill many kinds of cancers, including the presently incurable melanoma. With the exception of palmitic acid, the common saturated fatty acid, specific foods do not normally have the ability to kill cancer cells" (Dr. Stephen Martin, Ph.D., Chief Scientist of Groupe Kurosawa www.prweb.com/releases/2005/07/prweb266435)
3. **The Mayo Clinic:** "Phytoestrogens are naturally occurring compounds that lower circulating estrogens in your body. Flaxseed is particularly high in one phytoestrogen, lignin, which appears to decrease estrogen production and which may inhibit the growth of some breast cancers". The Mayo Clinic <http://www.mayoclinic.com/print/breast-cancer-prevention/WO00091/METHOD=print>.
4. **The American Cancer Society:** "One study of 25 men with prostate cancer found that a low-fat diet along with ground flaxseed reduced serum testosterone, slowed the growth rate of cancer cells, and increased the death rate of cancer cells". – The American Cancer Society. www.cancer.org/docroot/ETO/content/ETO_5_3X_Flaxseed.asp?Sitearea=ETO
5. Flaxseed is one of the richest known sources of lignans, which affect androgen metabolism and have antimitotic, antiangiogenic, antioxidant, and estrogenic effects, said Dr. Wendy Demark Wahnefried, Ph.D. of Duke University to attendees at the American Society of Clinical Oncology meeting. www.medpagetoday.com/Meeting_Coverate/ASCOMeeting/tb/5831
6. Flax seed lignans have anti-tumor, anti-mittic, antioxidant and weak estrogenic activity – US Food and Drug Administration.
7. Kale's ORAC value is 1770, while concentrated Flax Hull Lignans have an ORAC value of 19,600! Prunes are the fruit with the highest ORAC value at 6,770, which still doesn't come close to Flax Hull Lignans! *ORAC values on our lignans were performed by Brunswick Laboratories, in Norton, MA.
8. The flaxseed lignin (SDG) and mammalian lignans (ED and EL) were previously shown to be effective antioxidants against DNA damage and lipid peroxidation. – Hu C, Yuan YV, Kitts DD. Food, Nutrition and Health, University of British Columbia. Published on Pubmed.gov.

9. Flaxseed 18-3 (n-3) alphinoleic acid showed a marked immunomodulatory effect on the exhaustive exercise-related immunosuppression, as compared to the effects of other PUFA. (Benquet C, et.al, J Toxicol Environ Health, 43:225, 1994)
10. There is increasing evidence that dietary phytoestrogens have a beneficial role in chronic renal disease. Nutritional intervention studies have shown that consumption of soy-based protein and flaxseed reduces proteinuria and attenuates renal functional or structural damage in animal and humans with various forms of chronic renal disease. – Ranich T, Bhatena SJ, Velasquez MT. Division of Renal Diseases and Hypertension, Dept of Medicine, George Washington University Medical Center, Washington D.C.
11. Canadian Scientists, following up on previous studies conducted in mice, enrolled women newly diagnosed with breast cancer as volunteers to study the effects of flaxseed on breast cancer progression. In this study, one flaxseed muffin day, containing a predetermined concentration of pre-lignans, was consumed for 30days. Tissue biopsies were performed prior to and after the 30day period. The results showed that the flaxseed pre-lignans, converted in the intestines by bacteria into powerful anti-cancer lignans, were extremely efficient, in low doses, in killing the breast cancer cells in these volunteer women. www.prweb.com/releases/2005/07/prweb266435.
12. This study is critically important not only for breast cancer patients, but for all cancer patients because lignans kill many kinds of cancers, including the presently incurable melanoma. With the exception of palmitic acid, the common saturated fatty acid, specific foods do not normally have the ability to kill cancer cells. – Dr. Stephen Martin, Ph.D., Chief Scientists of Groupe Kurosawa. www.prweb.com/releases/2005/07/prweb266435.
13. Dr. Pamela L. Horn-Ross from Northern California Cancer Center in Union City, California, and colleagues conducted the first analytic epidemiologic study that has quantified the intake of specific phytoestrogenic compounds and related them to endometrial cancer risk. The top quartiles of consumption of total isoflavones and of total lignans were associated with a 41% and 35% reduced risk, respectively, of endometrial cancer, compared with the lowest quartiles of consumption, the authors report. “Based on these findings and other literature on phytoestrogens, I believe that recommending a balanced diet that includes reasonable amounts of phytoestrogen-rich foods is an appropriate public health message at this time. Dr. Pamela Horn-Ross told Reuters Health. <http://ctep.cancer.gov/resources/gcig/news081403a.html>.
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18. This study is critically important not only for breast cancer patients, but for all cancer patients because lignans kill many kinds of cancers, including the presently incurable melanoma. With the exception of palmitic acid, the common saturated fatty acid, specific foods do not normally have the ability to kill cancer cells. And we are only talking about one muffin a day. What if we ate two? This study is so exciting that it has me jumping out of my skin. This study and parallel studies are too important for the public health to be ignored so we decided to send out a press release." – Dr. Stephen Martin, Ph.D., Chief Scientist of Groupe Kurosawa. www.prweb.com/releases/2005/07/prweb266435
19. Flaxseed could be beneficial for people with type 2 diabetes. "It may help lower blood sugar levels and it plays a role in the prevention of prostate cancer as well." – Dr. Asqal Getaneh – Type II Diabetes Center, www.everdayhealth.com
20. Phytoestrogens are naturally occurring compounds that lower circulating estrogens in your body. Flaxseed is particularly high in one phytoestrogen, lignin, which appears to decrease estrogen production and which may inhibit the growth of some breast cancers." – The Mayo Clinic [http://www.mahoclinic.com/print/breast-cancer-prevention/W000091/METHOD=print](http://www.mayoclinic.com/print/breast-cancer-prevention/W000091/METHOD=print).