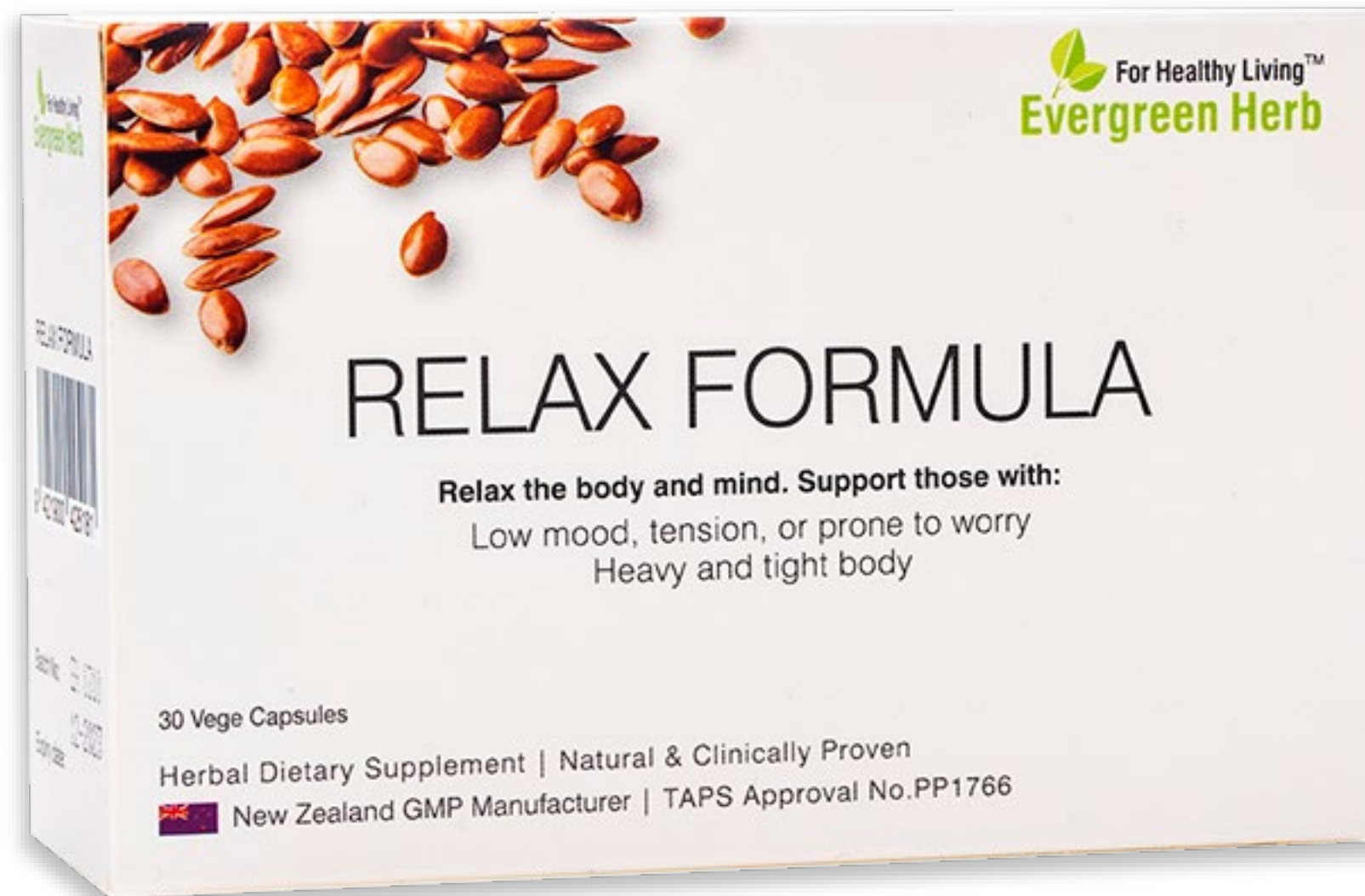


Main Herb - Flaxseeds

Traditionally used for relief of
Scientific research indicated that
and diminishes skin sensitivity and
Other studies have found that
regularly reduced the number
also attained a more
to estrogen



hard stool and regulating Qi.
taking flaxseed oil can relax body
improves skin barrier function (1)
women who consume flaxseed
of anovulatory cycles. They
favorable progesterone
ratio (2).



1. Neukam et al. (2011) Supplementation of flaxseed oil diminishes skin sensitivity and improves skin barrier function and condition. *Skin Pharmacol Physiol.* **24** (2): 67-74.
2. Phipps et al. (1993) Effect of flax seed ingestion on the menstrual cycle. *Journal of Clinical Endocrinology & Metabolism*, **77** (5):1215 – 1219.