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Flax Seeds Reduces Blood Pressure

This information comes from a discussion between Dr John Campbell and Dr Suneel Dhand. They discuss a randomized clinical trial in Iran in 2022 on the effect of Flaxseeds on blood pressure, total cholesterol and body mass index.

This randomized clinical trial from Iran in 2022 showed that 30g of ground flax seeds taken daily is sufficient to reduce blood pressure in line with current blood pressure medication.

Here is a link to the talk.

https://www.youtube.com/watch?v=C7_ZEjvcCSc&t=1299s&ab_channel=Dr.JohnCampbell

Firstly, you don't get any nutrients out of whole flax seeds. They just help you go to the loo! You need to grind flax seeds to a powder to obtain the benefits.

Just add them to your cereal, porridge, smoothie, soup, casserole.....etc

Benefits include protein, fibre, omega 3 fats, a range of vitamin bs, magnesium, copper, manganese, antioxidants (from the lignans in the flax – 100 times more than in any other food) and it is low in carbohydrates.

Previous studies on flax seeds have indicated they can reduce the risk of some cancers, help maintain a moderate weight and reduce blood pressure and cholesterol.

Mechanisms – flax seeds improve plasma lipid profile, plasma trans-fatty acid concentrations, atherogenicity, glycemia and pro-inflammatory compounds.

There are very few research studies on nutraceuticals in the West (nutraceuticals are foods that can have an effect on the physical body). Most studies/clinical trials come from the East or Middle East. The West tends to rely more on pharmaceutical drugs and that information comes mostly from the pharmaceutical companies.

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Zest for Life

This research was published in the journal Explore. This is a triple blind study from Iran. A triple blind study is seen as a rigorous methodology that reduces bias, increases objectivity and more likely to produce reliable results.

Patients in Iran with hypertension were sent to a specialist hypertension clinic and given the option to take medication or go on this trial for 12 weeks taking ground flaxseed daily.

The study was conducted on hypertensive patients to determine the effects of flaxseed supplementation on:

- Blood pressure
- Total cholesterol levels in patients with hypertension.
- Body Mass Index

It was a fully blind study over 12 weeks with 135 participants, age range 35-70.

Study randomized to 3 groups of 45 participants each:

- Group 1 - 30g ground flaxseed
- Group 2 - 10g ground flaxseed
- Group 3 - Placebo (wheat)

(Other variables such as diet and physical activity were checked)

Results

1. Mean Systolic Blood Pressure (SBP)*

Group	Variable	Starting SPB (mmHg)	End SBP (mmHg)	Difference (mmHg)
Group 1	30g Flaxseed (ground)	148.38	135.00	-13.38
Group 2	10g Flaxseed (ground)	(see study)	(see study)	-9.8
Group 3	Placebo (wheat)	(see study)	(see study)	+1.72

*study done over a period of 12 weeks. Figures given are on average across the participants.



2. Diastolic Blood Pressure (DBP)*

Group	Variable	Starting DBP (mmHg)	End DBP (mmHg)	Difference (mmHg)
Group 1	30g Flaxseed (ground)	86.20	80.60 [†]	-5.60
Group 2	10g Flaxseed (ground)	(see study)	(see study)	-6.69
Group 3	Placebo (wheat)	(see study)	(see study)	+2.39

*study done over a period of 12 weeks. Figures given are on average across the participants. [†]80.60 mmHg is seen as normal DBP, according to Dr Suneel Dhand

Total Cholesterol*

Group	Variable	Starting Cholesterol	End Cholesterol	Difference
Group 1	30g Flaxseed (ground)	210.73	190.33	-20.40
Group 3	Placebo (wheat)	(see study)	(see study)	-11.86

*study done over a period of 12 weeks. Figures given are on average across the participants.

BMI*

Group	Variable	Starting BMI	End BMI	Difference
Group 1	30g Flaxseed (ground)	29.19	28.33	-0.86
Group 3	Placebo (wheat)	(see study)	(see study)	-0.06

*study done over a period of 12 weeks. Figures given are on average across the participants.

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In conclusion...

Dr Suneel Dhand said that this is an astonishing result (for a reduction in blood pressure) and is in line with what one might expect from a pharmaceutical/drug intervention, except without the associated risks from the drugs.



Personally, I am continually amazed by the huge impact we can have on our own health by utilising what nature has already provided for us. The more we can pull from the natural world the less need there is to rely on man-made drugs, which so often have side effects or that we can build resistance to.

References

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