

# 5 Health Benefits of Eating Raw, Organic Seeds



By Morning: Spirit: Wolf-D.R.M.

Whether they're blended into breakfasts, a delicious crunch-in-your-lunch, or sprinkled onto desserts, if you're not eating raw organic seeds, you don't know what you're missing. Sesame, hemp, flax, sunflower, popcorn and many other seeds have one thing in common: they are healthy foods that can be easily added to improve your immunity, hormone levels, digestion, cholesterol, energy, and slow down your aging process. Antioxidants, omega-3 fatty acids, fiber, vitamins, a healthy dose of calcium and other minerals, and much more can be found in these wonderful health foods. So let's take a look at 5 main health benefits of eating seeds.

## 1. Antioxidants

Sesame and hemp seeds are famous for their high amounts of antioxidants which provide an endless list of benefits such as anti-aging, improved cellular health and hormone balance. Flax and black sesame seeds are also packed with antioxidants (lignans), known to fight the production of free radicals, which are agents that can damage molecules in cells and contribute not only to rapid aging process but also to several diseases including cancer.

## 2. Fiber

Flax, hemp, and sesame seeds are all "high in fiber, low in carbs". So, if you are looking for that specific combination to make you feel full longer with less sugar conversion, make sure to add these seeds to your diet. Almost all the carbohydrates in sesame seeds are fiber, as its true carb-content is only one gram per ounce. Flax seeds can absorb up to 10-12 times their weight in water, expanding in your stomach, increasing fullness, and helping you eat fewer calories. Flax and hemp seeds are also extremely high in both soluble and insoluble fiber which can support colon detoxification, fat loss and reduce sugar cravings.

## 3. Lower cholesterol

Studies have found that adding flax seeds into your diet can naturally reduce cholesterol levels. The soluble fiber content of flax seeds trap fat and cholesterol in the digestive system. It also traps bile (made from cholesterol) which is then excreted, forcing the body to use up excess cholesterol in the blood, the liver to make more bile and, as a result, lowers blood cholesterol levels.

#### **4. Healthy Skin and Hair**

Promoting healthier skin and hair is another great benefit from eating seeds. Flax and hemp seed oils contain essential ALA fats as well as B-vitamins which can help digestion and metabolism of fats, and reduce dryness and flakiness. It can also improve symptoms of acne, rosacea, and eczema.

#### **5. Immune Support**

Hemp seed oil contains sterols, which can improve immune function and help control cholesterol levels. Also found in sunflower and pine nut seeds, sterols may also naturally help increase your intake of dietary fiber, improving digestion and elimination.