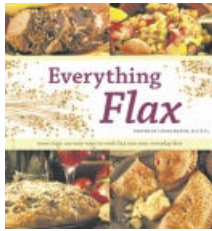


In the news: flax products & uses



Those funny flax seeds just might save your life: A new book about the wonders of flax includes more than 100 recipes to help you lower your risk of heart disease and cancer. Flax is valued by health-food junkies for its fibre content and prized omega-3 fatty acids. These unsaturated fats are commonly found in oily fish, and can help prevent certain types of cancer, lower the risk of heart disease, and stabilize blood-glucose levels. And the protein in flax is similar to that found in soybeans, making it an important addition to vegetarian diets. The seeds can be added to baked goods, cereals, smoothies, and rice dishes—all of which can be found in a new cookbook, ***Everything Flax: More Than 100 Easy Ways to Work Flax Into Your Everyday Diet*** edited by Linda Braun at the Saskatchewan Flax Development Commission. Canada leads the world in flax exports, with Saskatchewan producing four times more than any other province. ([Straight.com](#))



This car, called the **WorldFirst Formula 3**, actually gets its go from vegetable oils and chocolate waste that has been turned into bio-fuel. Components made from plants form the mainstay of the car's make up, including a race specification steering wheel derived from carrots and other root vegetables, a flax fibre and soybean oil foam racing seat, a woven flax fibre bib, plant oil based lubricants and a biodiesel engine configured to run on fuel derived from waste chocolate and vegetable oil. ([Orange County Register](#))

Flax and hemp to feature in new era bio-composites: At the recent JEC Composites exhibition at Porte de Versailles, Paris, CELC Masters of Linen

showcased the use of flax and hemp fibres in the future world of renewable composites. According to CELC, the environmentally sustainable properties of these two European-grown fibres are proving increasingly attractive to manufacturers seeking to incorporate sustainable solutions into their products. The natural mechanical properties of flax and hemp bring high performance and competitive cost to new composite materials now being used in the automotive, furniture, boat building and leisure industries, the organization says.

(Source: [Innovation in Textiles](#), April 2009)



Flax improves hair condition: A recent study indicates the consumption of Glanbia Nutritionals' proprietary enriched flax ingredient increased the luster, shine and overall condition of human hair. Participants indicated softness and smoothness were more appealing to them at both the two-week and four-week periods and luster and shine were also significantly improved.

Oiliness was reduced at both the two-week and four-week period, without increased dryness. Ease of brushing and combing both improved over the course of the study. Glanbia intends to feature the new ingredient in a beauty-from-within nutritional bar. ([Natural Products Insider](#))

