**1. Prevents Inflammation**

Flaxseeds are abundant with lignan compounds, which hold therapeutic value for a number of diseases. It not only prevents inflammation in the body, but also cures Parkinson’s disease and respiratory problems.

**2. Manages Diabetes**

Besides curing inflammation, lignans also put a stop to type-2 diabetes, and modestly improves the level of blood sugar in the body.

**3. Treats Menopause**

Flaxseeds are believed to work in the similar way as hormone replacement therapy (HRT) works. The essential nutrients in flaxseeds alleviate hot flashes, vaginal aridity, and mood swings.

**4. Reduces Heart Disease**

Flaxseeds improve the health of the heart by reducing the amount of LDL or bad cholesterol from the body and increasing the level of good cholesterol or HDL.

**5. Contains Phytochemicals**

The antioxidant and photochemical rich flaxseeds are loaded with lignans, as well. It has been told in earlier points that lignans are helpful in treating diabetes and inflammation, and hence, can be regarded as a major nutrient of flaxseeds. Lignans also help in balancing the female hormones, reducing PMS symptoms, and increasing fertility.

**6. Induces Good Cholesterol**

Flaxseeds have a high amount of omega fatty acids, like omega-3, 6, and 9. These fatty acids induce the growth of healthy cholesterol inside the body.

**7. Relieves Constipation**

Flaxseed is an oily food grain, which acts as a natural laxative. It regulates proper movement and elimination of bowel, resulting in the reduction of constipation.

**8. Enhances Immunity**

The omega fatty acids and lignans combine together to improve resistance of the body. The enhanced immunity level combats the alien substances, which are responsible for several disorders in the body.

**9. Fights Cancer**

The tiny, yet powerful flaxseeds fight with cancerous cells and thwarts prostate, breast and colon cancers. Again, all the credit can be given to the lignans and omega fatty acids present in the flaxseeds.

**10. Cures ADHD**

Consumption of flaxseeds by children, suffering from ADHD, has shown significant positive results according to various researches.

**11. Helps in Weight Management**

Flaxseeds are a great source that helps you in managing your weight. It not only stabilizes the blood sugar level, but also increases five times in volume, when eaten. Because of this expansion, you tend to crave less for food. Take flaxseeds every day before half an hour of having dinner. This will manage your weight efficiently.

**12. Reduces Osteoporosis**

Having flaxseeds daily improves the density of bones, thereby preventing bone loss and diseases, such as osteoporosis.