

Featured Product:

Flax Unleashed

Excessive shedding, itchy skin, and stiffness are common complaints heard from pet parents. Did you know that these may be signs of an omega 3 deficiency? Processed foods and factory-farmed animals are deficient in omega 3s so it is crucial to add these as part of a healthy diet.

Flax Unleashed is a whole food supplement. This is not your average oil! Dr. Marion Smart DVM, PhD, Professor Emeritus and Veterinary Clinical Nutritionist comments, “As a functional food, Flax Unleashed provides complex nutrients essential for life that must be found in the diet. Flax Unleashed captures the benefits of the whole flax seed, not just the oil which contains the valuable and essential omega-3 fatty acid. This oil is protected and preserved with naturally occurring components called lignans, also found within the flax seed that add additional health giving qualities to this supplement placing it in a category of its own.”

Flax Unleashed has a great, nutty taste that pets love—many animals consider it a treat! Look for the recipe included in this newsletter for ideas on how to incorporate Flax Unleashed into your pet’s diet.

What Is Lignan?

Lignan can be mainly found in the flax seed hull—it’s what keeps flax oil and fibre protected in nature! It is a very powerful anti-oxidant which benefits the heart, joints, immune and digestive systems. Lignan also works to balance hormones, providing much needed support after spay/neuter surgeries.



Features:

- ◆ Great source of omega 3s
- ◆ Organic & non-GMO
- ◆ Flax is grown and cold-pressed in Saskatchewan.
- ◆ Made in an organic, human-food facility.
- ◆ Beneficial for skin, coat, joints and heart health.
- ◆ No preservatives
- ◆ Naturally occurring flax lignan keeps the oil fresh.
- ◆ Whole food product

Why Whole Foods Are Important

Nature always knows best—that's why eating whole foods are essential to health. An orange as a whole has more value than its parts. Although the juice, fibre and vitamins are all good for us, when consumed as a whole the components work together for maximum benefits.

Bioavailable is a big word that basically means how well the body's cells can utilize something. This is a really important concept in nutrition as we can only benefit from what our bodies can absorb. A vitamin or mineral in a form that the body cannot utilize, essentially has no value. This becomes a serious concern when vitamin and mineral premixes are added to commercially available processed foods. The bio-availability of these vitamins and minerals is often questionable—historically, the body understands best how to use nutrients supplied by nature, as nature intended them to be.

Whole foods provide the whole package—literally! The nutrients work together synergistically to provide the body with what it needs and in an easily absorbable form. That's what makes Flax Unleashed different from other oils—it contains lignan fibre to keep it naturally fresh. Lignan also makes the oil more digestible. Flax Unleashed is an easy way to get more whole food benefits into our pet's diet.

Did You Know?

Emulsifiers and stabilizers are commonly used in oil products to produce a smooth texture. However, these have also been linked to inflammatory disorders.

This is why natural peanut butter separates—there aren't any emulsifiers to prevent the separation. The same principle applies to Flax Unleashed. Upon opening the container, you will see that the oil is on top and the lignan fibre is underneath. Mixing the product well, for about 10 minutes when the container is first opened, will allow for easier portioning in the future.

Remember, the separation is a good thing! It means this is clearly an additive-free, natural product and only the best is good enough for our loved ones—including the furry ones!

Want To Learn More?

Links:

<http://articles.mercola.com/sites/articles/archive/2015/03/18/food-additives-crohns-disease-colitis.aspx#>

<http://articles.mercola.com/sites/articles/archive/2015/11/02/lignans-save-lives.aspx#>

Recipes:

#1 Flax Unleashed makes a tasty addition to leftover veggies—add 1 teaspoon to 1/4 cup cooked carrots, green beans or broccoli and serve with your dog's next meal. This serves a 50lb dog—please adjust the portion size according to the size of your dog.

#2 Pumpkin Flax Ice Cube Treats
Easy recipe—excellent for filling treat toys!

1 cup pumpkin puree
4 tsp Flax Unleashed
10 whole almonds

Place all ingredients in blender and blend until consistency is smooth. Use as a meal topper or spoon into ice cube tray and freeze. Recipe makes 4 servings for a 50lb dog.



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