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**\*\* Recipes and Instructions for FLAX GRUEL \*\***

**A/**

1 TBSP (15 ml) flax seeds

1 Cup (250 ml) filtered water, cold

**NOTE:** You can also soak over night, then follow instructions below  
(\*Decrease simmering time to 5 minutes if you do this\*\*)

Bring to simmer and simmer 15 – 30 minutes. Turn off the heat, stand 15 minutes. Eat slowly chewing as many seeds as possible. Best to eat first thing in the morning or last thing at night. Can be flavored slightly with lemon, maple syrup, sucanut or honey – but try it alone first.

**BENEFIT:**

Soothes the digestive tract, plus: removes the mucus from intestines and scrubs intestinal walls to free from fecal debris, etc.

Eat alone and not with other cereals, you obtain better results.

It doesn't cause bloating like psyllium can, and it has some nutritional value when the seeds are chewed.

**\*\*You may add the flax gruel to a little water with maple syrup, or organic apple juice and put in a blender. Then drink it slowly. Some find it more palatable this way.**

**B/**

Ground Flax: (In a coffee grinder)

1 – 4 TBSP (15 – 60 ml) per 8 oz water. Mix and drink first thing in the A.M.  
(You may add oat bran to this as well for added bulk.)

TIP: 2 TBSP 'ground flax' = 1 egg in some baking recipes. Experiment!

**\*\*PLEASE NOTE:** FLAX GRUEL (see "A") WORKS BETTER TO PULL OUT MUCUS FROM THE INTESTINES.