

Improve Your Digestion and Reduce Your Bad Cholesterol with Boiled-Flaxseeds' Liquid (While Using the Seeds for Cosmetic Benefits)

Prof. Maria Kuman, PhD

Holistic Research Institute, Knoxville, TN 37923, USA

Correspondence:

Prof. Maria Kuman, PhD

Holistic Research Institute, Knoxville, TN 37923, USA

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Editorial

My family name is Kuman and Kum-man means Spiritual Man in all ancient languages: Hebrew, Aramaic, Sumerian, Sanskrit, Galic, and Hawaiian. My ancestors were Celts (Galls) and they were Spiritual Leaders and Healers. To preserve the wisdom of my ancestors for the generations to come, I wrote the book "Delicious Herbal and Folk Remedies" [1], in which I describe the ancient wisdom how to stay healthy the natural way – with periodic flushing of the body, eating the right food, and when sick taking delicious herbal or folk remedies. One of the remedies for improving digestion (and reducing the bad cholesterol) is to drink half hour before each meal a cup of the liquid of two tablespoons of flax seeds boiled in a half liter of water for 10 min.

Every morning, you need to boil 2 tablespoons of flax seeds in ½ litter of water for 10 minutes. Separate the seeds from the liquid and divide the liquid of the boiled flax seeds into 3 portions. This is the amount you need to drink ½ hour before each meal. The boiled flax seeds are slimy liquid, which is an excellent food for the mucous membranes of your intestines. Once your intestines are nourished with the flaxseed liquid, your digestion will improve, and you will not have bad cholesterol. To keep your digestion good (and never to have high bad cholesterol), you need to do the flaxseed treatments periodically though intervals of time.

Don't throw the flax seeds away because they are a good nourishing food for your skin. Use the flaxseeds for facial treatment - cover your face with the flaxseeds and let them stay ½ to 1 hour. The skin will look much fresher and the wrinkles

will disappear. Thus, while the liquid of boiled flaxseed will improve your digestion, the flax seeds themselves when applied to the skin will make your skin look fresher and with less wrinkles. Good Luck!

References

1. M. Kuman, Delicious Herbal and Folk Remedies, Health and Happiness Books, 1997.