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Editorial Article

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Infertility Problem Solved and Digestion Improved with Flaxseeds

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Editorial

My family name is Kuman and Kum-man means Spiritual Man in all ancient languages: Hebrew, Aramaic, Sumerian, Sanskrit, Gallic, and Hawaiian. My ancestors were Celts (spoke Gallic) 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 inherited ancient wisdom how to stay healthy the natural way. The ancient wisdom also offers treatment of infertility, which is inability to have children. The roots of the infertility problem are: the male sperm cannot stick to the wall of the female uterus, and if so, the sperm cannot suck blood from the uterus and grow into an embryo. When fully developed, the embryo is born as a child. It seems that a simple solution of the infertility problem would be to make the cellular membranes of the male sperm and the female uterus stick. How to do this?

A simple way to make the membranes of the cells of males and females stick is to: 1/ boil 2 table spoons of flax seeds in ½ litter of water for 10 min, 2/ divide the slimy liquid in three parts, and 3/ drink each part of the slimy liquid ½ hour before meal [1]. This slimy flaxseed liquid will nourish not only the membranes of the male sperm and the female uterus; it would nourish the membranes of all cells in the body.

The slimy flaxseed liquid is a perfect food for all mucous membranes in the body: throat, nose, lungs, stomach, intestines, etc. Thus, the flax seeds would make healthier your throat, nose, and lungs, and it would improve your digestion by making the assimilation of food by your stomach and intestines more efficient. And you will never have high bad cholesterol, which means poor digestion - the flax seeds by improving the digestion would eliminate the bad cholesterol.

Thus, to stay healthy, we need to: 1/ periodically flush the body (the last chapter of my herbal book [1], 2/periodically drink flax seeds to improve the digestion, 3/eat the right food, and 4/ when sick take delicious herbal or folk remedies to heal [1]. Once your intestines are nourished with the flaxseed liquid, your digestion will be the best ever.

Don't throw the flax seeds away because they are a good nourishment for your skin. Use the flaxseeds for a 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 improves your digestion and eliminates infertility, the flaxseeds 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.

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