

Flaxseed - Neural Regeneration!

We're in Amish country, now!



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Ever since I was first introduced to the Amish who highly rate the importance of linseed oil (which is pressed from whole flax seed) while watching Harrison Ford in, "Witness", and subsequently watching Tim Allen in, "For Richer or Poorer", I've never given it a second thought since I couldn't see how it could improve my health. And it doesn't taste fascinating. So, why bother?

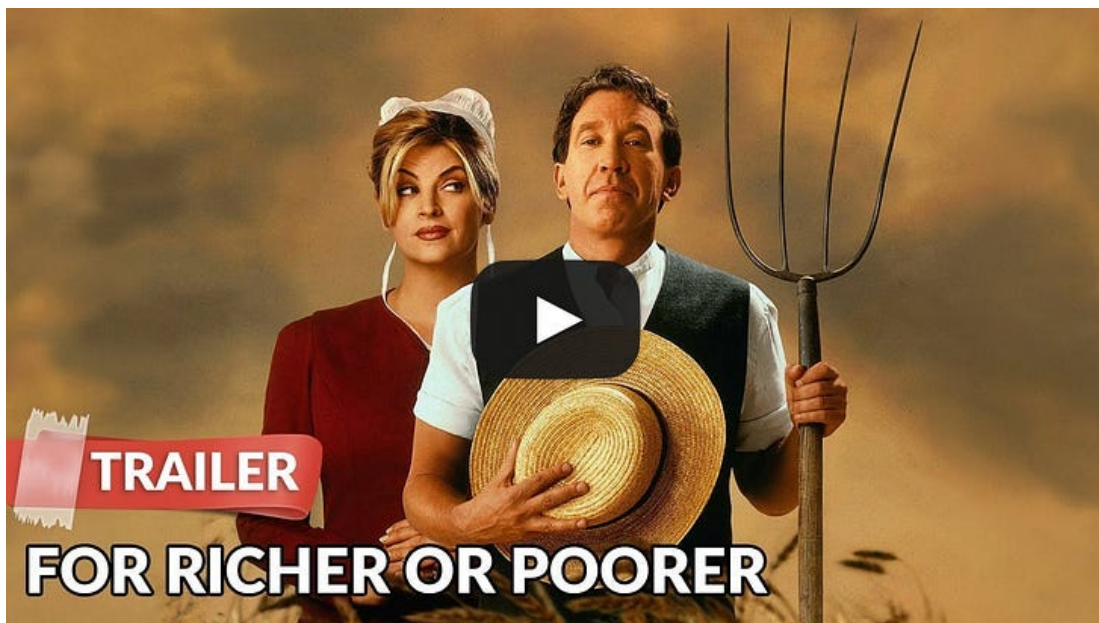
Well, ...

I'm here to tell you that if you have ANY neural degeneration, that ground flaxseed meal made from the brown variety (the golden looks pretty but is nutritionally worthless) should become a part of your daily diet if you want to regain neural integrity.

Don't stop taking 15 times more zinc than copper, but make sure that ground flaxseed meal made from brown flaxseed takes center stage. With my daily use of flax in my salad, I no longer need to take four to six capsules a day of 50mg of zinc and 2mg of copper. I need merely take one of these capsules every other day to avoid the symptoms of focal dystonia. Thus, I'm pain free! No more cramping!

I add enough brown whole flaxseed to just cover the blades of a coffee mill along with the addition of one bitter apricot kernel. And I run the coffee mill just long enough to change its pitch from low to high. Then, in a tall paper cup, I stir in a liquid (along with this ground meal), such as: oatmilk along with tahini and distilled vinegar to make a salad dressing.

I preserve the bitter apricot kernels from spoilage by lightly dusting them with borax. Just add a little borax to their storage container and give them a good shake.



What do we know? Not much when it comes to human studies of flax efficacy. Instead, we have animal studies. But who is waiting for studies that have yet to be done probably due to a lack of interest in undermining the pharmaceutical industry's monopolistic stranglehold on the public's welfare?

Flaxseed and Neural Regeneration: Current Evidence

Research suggests that **flaxseed and its oil may support neural regeneration and brain health**, though most evidence comes from animal studies.

Peripheral nerve regeneration

A rat study on sciatic nerve crush injury found that **oral flaxseed oil (1000 mg/kg/day)** improved functional recovery compared to a negative control, with better walking track and toe spreading reflex scores. Electron microscopy showed **increased myelin thickness and sheath layer**, indicating enhanced remyelination and structural repair of damaged nerves FAKULTI PERUBATAN DAN SAINS KESIHATAN. While this was not significantly better than a positive control (mecobalamin/methylcobalamin), it suggests a neurorestorative effect.

Neuroprotection and brain health

Flaxseed oil has been shown to **reduce oxidative stress and neuroinflammation**, key factors in neuronal damage and degeneration Number Analytics. In a cadmium-induced neurotoxicity model, flaxseed oil improved learning and memory in the Morris water maze and novel object recognition tests, balanced brain oxidative and cholinergic activity, and reduced markers of apoptosis (caspase-3) while maintaining

anti-apoptotic proteins (Bcl-2) [Bentham Science Publishers](#). These effects point to **neuroprotective and potentially neurorestorative properties**.

BDNF and neuroplasticity

Flaxseed has been linked to **increased brain-derived neurotrophic factor (BDNF)** levels, a protein critical for neuron growth, survival, and synaptic plasticity [Number Analytics](#). Higher BDNF supports cognitive function, learning, and recovery from brain injury.

Mechanisms

- **Omega-3 fatty acids** in flaxseed oil may support myelin repair and neuronal membrane integrity [FAKULTI PERUBATAN DAN SAINS KESIHATAN](#).
- **Lignans and phenolic acids** act as antioxidants, reducing oxidative stress in neurons [Number Analytics](#).
- **Anti-inflammatory and anti-apoptotic effects** help preserve neurons and promote repair [Bentham Science Publishers](#).
- **BDNF upregulation** enhances neuroplasticity and synaptic connectivity [Number Analytics](#).

Summary

While **direct human evidence for neural regeneration** is limited, preclinical studies indicate that flaxseed and flaxseed oil can:

- Promote peripheral nerve repair and remyelination
- Protect neurons from damage
- Support cognitive and memory function
- Enhance neuroplasticity via BDNF

These findings suggest flaxseed may be a supportive dietary component for neurological recovery, but more human trials are

needed to confirm its role in neural regeneration.
