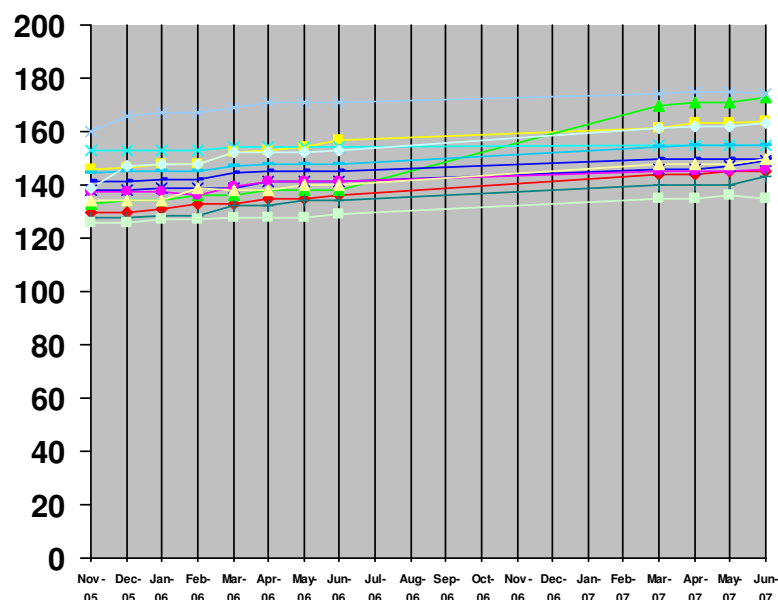
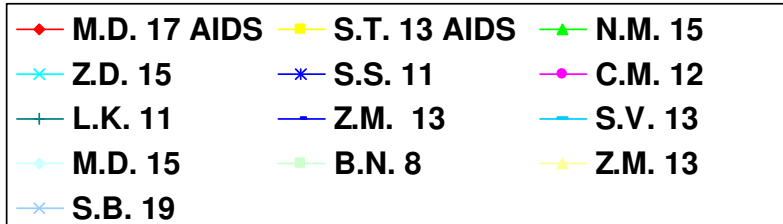


Flax Hull Lignan

Extended Height Study

(in centimeters)



These study results come from a small cross section of children in South Africa and Swaziland. These tests were administered and reported by Emma Fishlock, RGN.

This chart represents growth in the children during a time period from November 2005 through June 2007 where the children were administered ½ scoop (1 tsp) flax lignans a day.

These children were malnourished when they began the program with little height growth. Once they began the flax their height and weight really took off. This chart shows from November 2005 through June 2006, and then takes up again March 2007 through June 2007. The children were on the program consistently, even though the chart skips July 06-Feb 07. The last 4 months of the program were added to show the continual growth of the children over such a long period of time.

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Child/Age	1-Nov	Dec-05	Jan-06	Feb-06	Mar-06	Apr-06	May-06	Jun-06	1-Mar	1-Apr	1-May	1-Jun
M.D. 17 *AIDS	130	130	131	133	133	135	135	136	144	144	145	145
S.T. 13 *AIDS	146	146.5	148	148	152	153	154.5	157	161	163	163	164
N.M. 15	133	134	134	136	136	138	138	138	170	171	171	173
Z.D. 15	153	153	153	153	154	154	154	154	155	155	155	155
S.S. 11	138	138	139	139	139	141	141	141	146	146	147	149
C.M. 12	137.5	137.5	137.5	138	139.5	141	141	141	145	145	145	146
L.K. 11	128	128	128.5	128.5	132	132.5	134	134.5	140	140	140	143
Z.M. 13	141	141	142	142	144.5	145	145	145	150	150	150	150
S.V. 13	144.5	145	145	145	147	148	148	148	154	155	155	155
M.D. 15	138.5	147	148	148	152	152	152	153	161	162	162	163
B.N. 8	126	126	127	127	128	128	128	129	135	135	136	135
Z.M. 13		134	134	138.5	138	138	140	140	148	148	148	150
S.B. 19	160	166	167	167	169	171	171	171	174	175	175	174

Extended Height Study

Comments on individual children from attending nurse, Emma Fishlock, RGN.

M.D came to us as a very sick young man. He has HIV, when he arrived he had blood results which showed that he had a lack of oxygen cells in the blood; also he had some degree of liver and kidney failure. His CD4 count was 306 and was immediately put on ARV's and was treated for the condition with good effect. His CD4 count came up to 1054.

M.D started the Ligan Flax seed program in Nov 2005 within 3 months he showed amazing growth, he put on 5 kgs in 5 months and 9 cm in height in the same period. He was a boy who was disruptive in manner and someone who always sought attention. Since starting the Ligan Flax I have noticed and his mum has reported a change in mannerism, he is more content and relaxed in his environment and less disruptive.

I retested his CD4 count in February 2006 and the results were 1908, way above the normal range. The pathologists remarked that there was hardly any of the HIV virus in his system. I have in the 11 months I have been here never had to treat M.D for any condition.

Z. D came to us after her mother died of HIV and her father was unwilling to look after her. She is not HIV positive herself, but has been constantly plagued for many years with rashes and sores over her body. She when I first met her she was quite withdrawn and isolated.

She commenced the Ligan Flax feeding program in Nov 05, within a couple of months 60 says she had a 3 kg weight gain. She is one of the very few children which have reached their average height and weight goal for her age.

Since starting the Flax I have found that I have only seen her once for a rash which has resolved by itself and she has had no sores, however before commencing the flax I saw her 3 or 4 times for sores and rashes.

I have noticed her take a more active role within the house, and become more sociable with the other children. Her attitude which was quite unapproachable at times, especially when discipline was needed, I have noticed this has changed over the last 3 months.

S.S came to us after both his parents died of Aids and his grandmother was unable to care for him. We commenced him on the Ligan Flax program in November 05, he meets his targets for average height and weight, which is rare within the farm program.

He is HIV negative, and apart from rash's he develops when he visits his homesteads he is a very healthy and fit boy. I have only seen him twice since I have been at the farm in 11 months.

I found since he has started the Flax seed he has become more confident, and settled. Emotionally he seemed very unstable and somewhat slow in his approach to life, however over the last five months he has become more confident in himself.

C.M mother died of Aids and his father rejected him, as well as this the grandmother was unable to care for him. He does not have HIV himself and has been incredibly healthy for the past 11 months. I saw him before the Ligan flax seed was commenced in November 05 with a groin abscess, since then I have not needed to see him health wise, and he has remained fit and strong.

Two months after starting the Flax seed program C.M started to increase significantly in weight, since commencing the programme he has put on 4 kgs and 4cm in height.

One of the major changes I have noticed is the change in attitude, before the Flax program he was withdrawn and isolated himself. He found it hard to relate to others. It has been amazing to see him open up to others, to see him joining and leading games, and leaving his house to do more outside. He appears more confident in his approach to life and less unstable.

S.B came to us after his mother abandoned him, and his father was abusive in the homestead. He is not HIV positive. S.B started the Ligan Flax seed program in November 05, he has remained fit and well over the past 11 months with only headache complaints which we have isolated as possible eye strain.

He is under weight and height for his age however after 30 day of starting the flax seed he had a 2 kgs weight gain, and 2 cm in height. Despite an episode when he felt unwell and lost weight his progress has been constant in total gaining 4.5 kgs and 5 cm in height.

His attitude before commencing the Ligan Flax seed was poor, he was a bully, and poor respect secondary to what he had learned while growing up in his homestead. Within 3 months of starting the Flax this had changed and the bullying decreased. 150 days into the program, the bullying has ceased and his attitude has become more of a servant now literally washing the feet of those he once bullied.

S.T was a young boy who came to us after being found living in a toilet block, he was malnourished and in poor health. He is HIV positive from abuse.

He is on ARV's and despite being here with us for a few years made very little progress development wise. Results from previous records show he grew 2cm in 6 months and only gained 4 kgs in weight. We commenced S.T on Ligan Flax seed in November 2005. Within a comparative 6 month period he gained 10kgs in weight, and 9 cm in height!

I have been here 11 months and only seen Sipho 3 times in that period for health complaints.

M.D came to us after both his parents died of Aids. He does not have Aids himself and I have only had to see him twice since he started the Ligan Flax seed program in Nov 05.

Since commencing the Ligan Flax seed program he immediately put on 3kgs in 60days, he has a total weight gain of 5 kgs since Nov 05. Within the first 30days of commencing the Flax seed program he had a 9cm increase in height, before the program he was 22 cm below average height for age. He has had a 14cm height increase in 6 months he is now only 7 cm below average height for age.

In a same 6 month monitored period before the flax seed program he increased 2cm in height and had no weight gain.