

In this issue of our newsletter:

## Top 10 Reasons to Eat Almonds Daily

1. Helps the digestive system, brain development as well as those that fight skin conditions
2. Control your blood cholesterol, reduce cholesterol
3. Keep blood pressure under control
4. Regulate bowels and clean digestive tract
5. Helps cleans the colon and prevent cancer
6. Stabilize the amount of sugar in the blood
7. Helps keep hunger pangs at bay thereby assists in weight loss
8. Prevents constipation and helps boost ones energy levels
9. During pregnancy reduced the possibility of birth defects
10. Boosts one power to concentrate

Though almonds are commonly perceived as nuts they are not. Almonds are seeds that are a healthy source of vitamins and minerals. These precious seeds are used in the preparation of several home remedies that help the digestive system, brain development as well as those that fight skin conditions. These healthy nuts can be consumed in the raw state though most people prefer to add them to milk or desserts.

Almonds are one of the super foods that most people are getting attracted to. They offer the body an array of health benefits and thus you can eat them as a snack or add them to fruits or vegetables to increase the nutritional value of the meal. If you eat almonds regularly you will be able to control your blood cholesterol.

Research has proved that those people who eat a handful of almonds daily are able to reduce their cholesterol levels by 4% while those that eat almonds twice a day are able to reduce their cholesterol levels by 9%. Thus those that are diagnosed with high blood cholesterol levels must indulge in the bowl full of nuts daily. It will help to keep heart related disorders at bay.

A diet that is high in sodium leads to high blood pressure. In order to fight high blood pressure one must eat almonds as these seeds are high in potassium and low in sodium and both these factors help to keep blood pressure under control.

Almonds are also high in fiber and this helps to regulate bowels and clean the digestive tract. The seed helps to fight cancer by cleaning the colon and preventing colon cancer. A recent research conducted by the National Cancer Foundation linked high fiber diets that include almonds with the lowered risk of cancer.



Almonds are known to stabilize the amount of sugar in the blood after meals and thus they are beneficial to those suffering with diabetes. Since these nuts are fiber rich they

help to keep hunger pangs at bay thereby assisting in weight loss. Eating almonds also helps to prevent constipation and helps to boost ones energy levels.

Eating almonds during pregnancy reduces the possibility of birth defects and hence most women are asked to eat almonds regularly when they are pregnant. For centuries almonds are associated with the ability to boost ones power to concentrate. The chemicals present in almonds help to improve the functioning of the brain.

### **How to increase your consumption of almonds**

Start your day with a fist full of almonds. Carry a few in your bag and snack on them during the day. You can add almonds to smoothies and desserts. Grind the seeds to form a paste and add a spoon of the paste to a glass of milk. These are some simple ways to increase your consumption of almonds. Go ahead and get creative with these nuts!

As seen on [www.natural-homeremedies.com](http://www.natural-homeremedies.com)

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