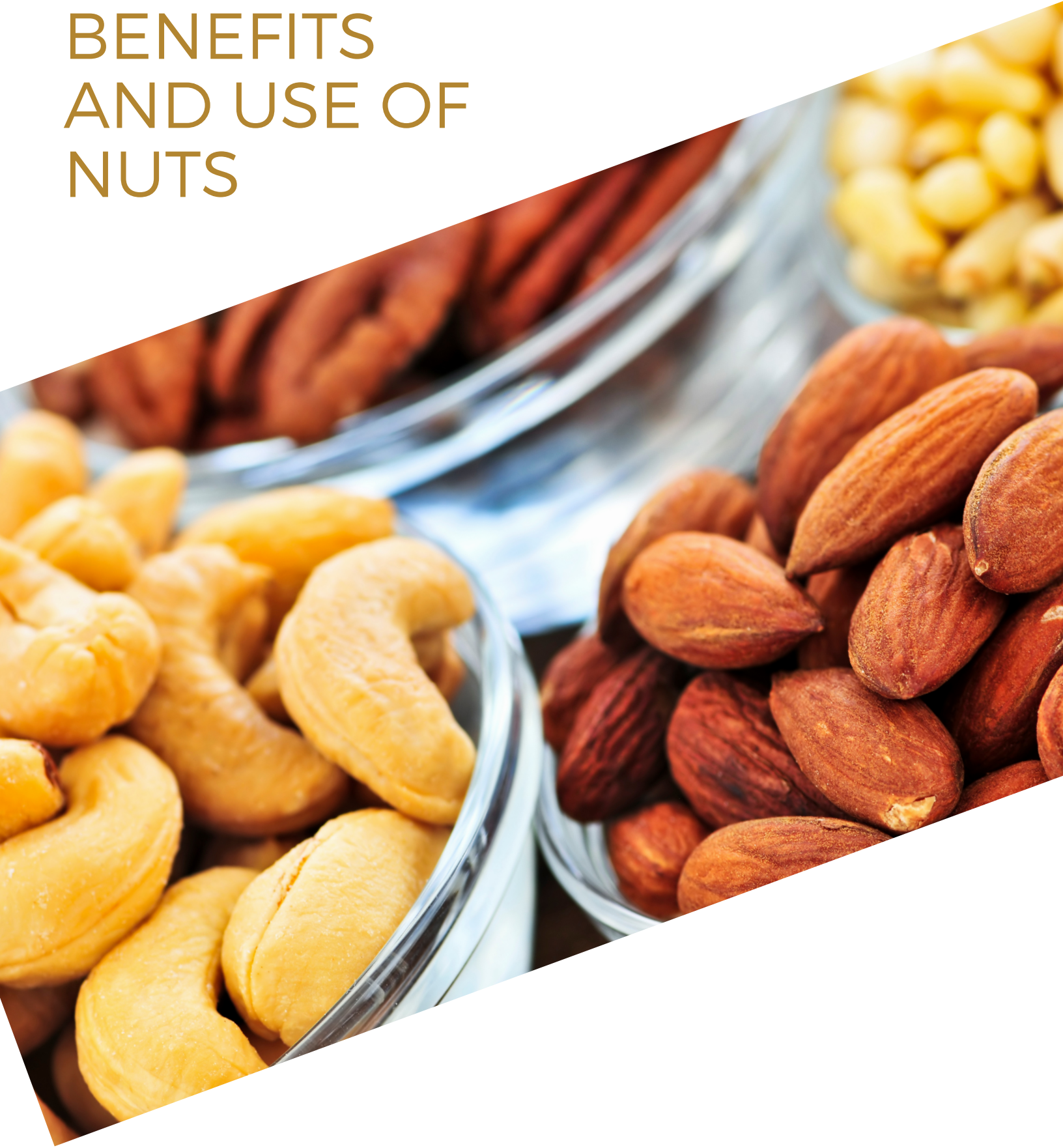


BENEFITS AND USE OF NUTS





NUTS CONTAIN:

SOME CARBOHYDRATES

RIGHT AMOUNT OF PROTEIN

HIGH AMOUNTS OF HEALTHY FAT

SOURCE OF VITAMINS

RICH IN MINERALS

SOURCE OF PHYTONUTRIENTS

FIBRE



CARDIOVASCULAR HEALTH

BRAIN HEALTH

IMMUNE HEALTH

DIGESTIVE HEALTH

HORMONAL HEALTH

BONE HEALTH

EYES, SKIN, HAIR, NAILS

ENERGY LEVELS

LONGEVITY

NUTS BENEFIT:



NUTS CAN PROTECT AGAINST:

CANCERS

TYPE 2 DIABETES

HEART DISEASE

HYPERTENSION

CHOLESTEROL IMBALANCE

HORMONAL IMBALANCE

WEIGHT IMBALANCE

INFECTIONS

OSTEOPOROSIS



NUTS SUPPORT OPTIMAL:

BLOOD SUGAR

BLOOD PRESSURE

CHOLESTEROL

IMMUNITY

MENTAL HEALTH

CELL,,TISSUE, AND ORGAN
REGENERATION AND HEALING



TO OPTIMIZE THE BENEFITS OF NUTS:

Eat a wide variety of nuts, daily

Add nuts in small amounts to your diet; healthy snacks/dessert per day

Consume nuts in their raw forms

Consume natural raw nuts: unflavored and unsalted

Choose organic options whenever possible

Avoid roasted and processed nuts



SOAKING NUTS:

To optimize Nut nutrient

Almonds - 8 - 12
hours/overnight

Cashews - 2 - 4 hours

Walnuts - 4 - 6 hours

Pecans 4 - 6 hours

Macadamia - 2 - 4 hours



NUT BUTTERS AND MILK:

NUT BUTTERS

Wholesome and pure nut butter that has:

No added oils

No added sugars

No added salt

No added flavours

No added preservatives

NUT MILK

You can make homemade nut milk from high quality, raw nuts if you have the right blender, juicer, or nut milk maker.

If you buy conventional nut milk, be sure to choose original, unsweetened and unflavored varieties to minimize any unnecessary ingredients.

NUT VARIETY

Almonds

Brazil Nuts

Cashews

Chestnuts

Hazelnuts (Filberts)

Macadamia Nuts

Peanuts

Pecans

Pine Nuts

Pistachios

Walnuts

Coconut