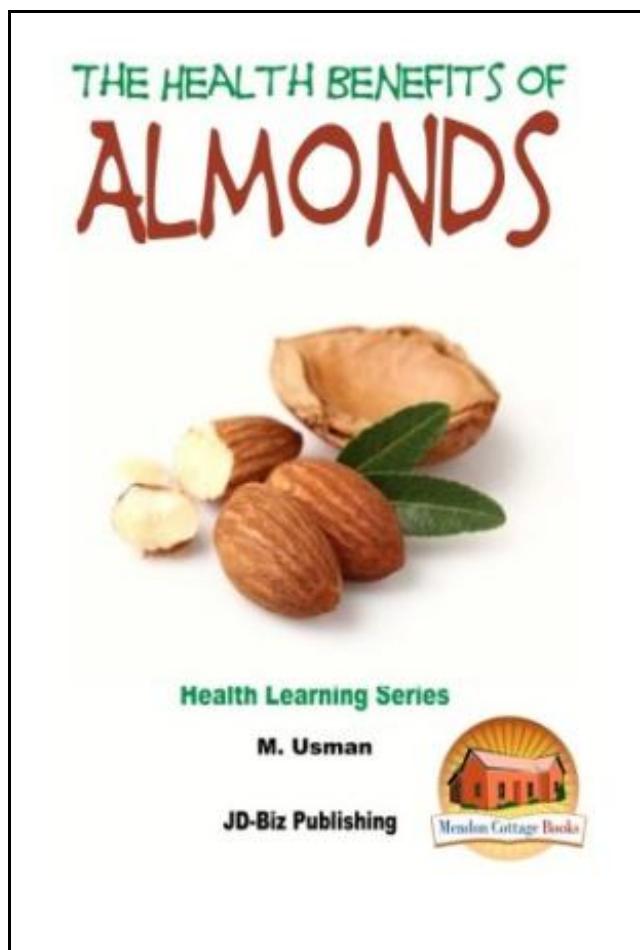


## Health Benefits of Almonds



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Health Benefits of Almonds Table of Contents Getting Started Chapter # 1: Intro Chapter # 2: Nutritional Worth Chapter # 3: Selection Storage Health Benefits Chapter # 1: Lowering Cholesterol Chapter # 2: Defense against Diabetes Cardiovascular disease Chapter # 3: Improves Blood Fats Levels Chapter # 4: Weight Loss Chapter # 5: Normalizes Eating Habits Chapter # 6: Live Longer Recipes Chapter # 1: Candied Almonds Chapter # 2: Sugar Spiced Almonds Chapter # 3: Garlic Rosemary Roasted Almonds Conclusion References Chapter # 1: Intro Uniquely delicious, almonds have been known to man as the epitome of health well being for centuries. Their health benefits have been documented with the passage of time and are now being tested in the light of modern scientific researches; looking at the results of these researches, there is a good reason why you should consider reading the rest of the book! A stalwart nut in cakes, puddings and other sweet dishes, almonds have been on almost every household's shopping list. With respect to freshness, they are always preferred to hazelnuts walnuts and their slow rate of rancidity makes them a food item that can easily tolerate the back of a storage cupboard. Their neutral, nutty and crunchy taste upon baking makes them irresistibly delicious and in no time can you nibble your way through every almond in front of you. But what are the origins of this super-delicious and nutritious food? Almond is actually a species of trees, belonging to the genus *Prunus*, which are indigenous to the South Middle East region of Asia. The almond plant is widely cultivated for its edible seed, also known as almond. The almond...

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