



# Health in a nutshell

The best-known nuts are walnuts, hazelnuts, almonds, pistachios, pecans and peanuts. Although they are all commonly referred to as nuts, they are not all true nuts botanically speaking. In this list, only hazelnuts and pecans are true botanical nuts. However, despite the confusion in terminology, all those fruits, seeds and legumes that we know as nuts are very useful for humans.



## Walnuts

Walnut trees can live up to 1,000 years and begin to bear fruit after 10 or 12 years. The highest yields are produced by trees between 100 and 180 years old. Depending on the circumstances, one tree can yield between 10 and 300 kilograms of fruit. Walnuts contain many nutrients and vitamins. They contain twice the amount of energy as the equivalent weight of white bread. They are recommended for the prevention and treatment of atherosclerosis, which results in a deficiency of vitamins, cobalt salts and iron in the body. They are high in fibre and oils that can boost intestinal function. They contribute to the normalisation of gastric secretion and can help to ease nervous tension. Walnuts are useful for those whose jobs require a high level of physical exertion, as well as for those suffering from illness or awaiting operations. Walnuts are dense in calories but good for weight management as the protein and fibre help provide satiety. Walnuts also support brain health, especially when consumed with raisins and figs. They are also useful in preventing anemia and are recommended for those with thyroid disease.



## Hazelnuts

The glycerides of oleic, stearic and palmitic acids in hazelnuts inhibit the formation of blood cholesterol, protect against diseases of the blood vessels, and are essential for growing bodies. Hazelnuts contain high levels of protein, vitamin E, and minerals such as potassium, iron and cobalt. Vitamin E is powerful in preventing cancer and diseases of the heart and muscular system. The calcium in hazelnuts helps to strengthen bones and teeth, iron is needed for healthy blood, zinc for the production of sex hormones, and potassium for the nervous and muscular systems. Hazelnuts contain more energy than their equivalent weight of bread, milk or chocolate. Their regular consumption can help to prevent diseases of the circulatory system and anemia, prostate problems, varicose veins, phlebitis, venous ulcers and capillary hemorrhages. They can be eaten by people with diabetes and, thanks to their relatively low carbohydrate content, can be enjoyed even by those on strict diets. The consumption of hazelnuts can also help to detoxify the body and strengthen the immune system.



### Almonds

Almonds contain protein, calcium, iron, phosphorus and vitamins B2 and B3, which facilitate the absorption of substances essential for maintaining healthy teeth, hair and skin. They are ideal for cleansing the blood, maintaining the function of the kidney, liver and spleen, and eliminating gallstones. Eating almonds in combination with sugar or honey promotes their rapid absorption and enhances their benefits. Sweet almonds help to cleanse the internal organs, improve vision, stimulate brain activity, soothe the throat and prevent asthma and intestinal ulcers.



### Peanuts

Although in fact a legume, peanuts are also known as groundnuts, as they mature underground. Peanuts and peanut oil contain vitamins B1, B2, B3 and D, phosphorus and potassium trace elements, and unsaturated fats that help to lower blood cholesterol. With their optimal ratio of essential and non-essential amino acids, peanuts are relatively well absorbed by the human body. Regular consumption, as part of a healthy diet, can significantly reduce the risk of cardiovascular disease. Peanuts are a good source of folic acid, which promotes the growth and regeneration of cells. They can have a beneficial effect on sexual potency, improve memory and attention, raise the threshold of auditory sensitivity, and help overcome severe exhaustion and illness. Peanuts are rich in substances necessary for the normal functioning of the nervous system, heart, liver and other organs. However, raw peanuts are hard to digest and the skin is a common allergen.



### Pistachios

Pistachios have a high calorific value and contain essential vitamins, amino acids, minerals and trace elements (copper, manganese, phosphorus, potassium and magnesium) in forms that are easily digestible by the human body. They are rich in proteins and low in cholesterol and saturated fat, making them an excellent substitute for animal products among vegetarians and those on weight-loss diets. The consumption of pistachios is recommended for those suffering from high levels of physical and mental stress. They can raise the levels of antioxidants in the blood. They are beneficial for the brain and heart and can be useful in overcoming nausea, vomiting and liver disease. Pistachios are beneficial for convalescents and are useful in overcoming jaundice. Their consumption can help improve sight and reduces the risk of age-related macular degeneration of the retina, which leads to irreversible blindness in the elderly. They are claimed to be seven times more effective against cholesterol than common cholesterol-lowering drugs. It is also believed that constantly chewing pistachio resin can cure bad breath and cleanse and strengthen the teeth and gums.