



Nuts and Seeds in Health and Disease Prevention

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The use of nuts and seeds to improve Human nutritional status has proven successful for a variety of conditions including in the treatment of high cholesterol, reduced risk of Type-2 Diabetes, and weight control. This complete guide to the health benefits of nuts and seeds is the only single-source scientific reference to explore the specific factors that contribute to these potential health benefits, as well as discussing how to maximize those potential benefits.

- * Organized by seed-type with detailed information on the specific health benefits of each to provide an easy-access reference for identifying treatment options
- * Insights into health benefits will assist in development of symptom-specific functional foods
- * Includes photographs for visual identification and confirmation
- * Indexed alphabetically by nut/seed with a second index by condition or disease

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