HEALTHY TIPS

Soak 4 Almonds Overnight & Eat Them in the Morning: This Amazing Thing Will Happen

By bestfolkmedicine · 20/12/2018 · 2 min read



You have probably heard a lot about the health benefits of eating almonds on a regular basis, but do you know the reasons why? Namely, almonds are abundant in important nutrients, including calcium, magnesium, zinc, and omega-3s. Therefore, make sure you add them to your daily diet as often as you can. But,have you heard about the benefits of soaked almonds?

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Namely, when you consume previously-soaked almonds, you enhance their healing properties. This is because their skin has an enzyme inhibitor which plays the role of a protective seed barrier until it is adequately moisturised for the germination process. When almonds soak, this enzyme is activated. And,

you also ease the absorption of the nutrients in the body.

Continue reading the article to learn more about why you need to consume soaked almonds on a regular basis.

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7 Amazing Health Benefits of Almonds

- **Good for the brain**

Almonds contain nutrients that are essential for the proper functioning and brain stimulation. The riboflavin and L-carnitine were found to decrease the chance for Alzheimer's and also better the brain activity in the neural pathways.

- **Lower cancer risk**

Almonds are capable of averting the depositing of toxins and encourage the removal of food through the colon thus, decreasing the risk of colon cancer.

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- **Balance the cholesterol**

Since almonds are abundant in vitamin E and calcium, they are highly beneficial in keeping the cholesterol levels balanced.

- **Strengthen the heart**

The monounsatured fat, protein, and potassium in soaked almonds is good for your heart. This is because these nuts alleviate inflammation which can damage the arteries. Moreover, the vitamin E can decrease the chance for heart illness. They also contain magnesium which is known to minimise the chance for heart attacks.

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- **Boost the energy levels**

A handful of almonds are an excellent healthy way to elevate your energy levels. What's more, the riboflavin, copper, and manganese will better the metabolic rate.

- **Regulate the blood pressure**

As they are full of potassium, almonds can help you balance your blood pressure. This is not just beneficial for everyone, but for people suffering from hypertension.

Nutritional Profile of Almonds

100 grams of raw almonds contain:

575 calories

1 mg of sodium

49 grams of fat

705 mg of potassium

4 grams of saturated fat

22 grams of carbs

12 grams of polyunsaturated fat

12 grams of dietary fiber

31 grams of monounsaturated fat

4 grams of sugar

21 grams of protein

Sources:

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