HEALTHY TIPS

# You Can Kill Bacteria That Causes Tooth Decay, Pneumonia and Tuberculosis With Only One Seed!

By bestfolkmedicine · 15/01/2019 · 1 min read



*Cashew tree is a tropical evergreen tree which produces cashew apple and cashew seed. The biggest producers of cashews are India, Brazil, Nigeria, Tanzania, and Mozambique. Cashew nuts are known to possess anacardic chemicals that destroy bad bacteria linked with tooth decay, acne, tuberculosis, and pneumonia.*

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*However, cashews in shells cannot be found on the market as the shells have a substance known as caustic resin or cashew balm and it needs to be cautiously removed prior to consumption and not ingested.*

**Health Benefits of Cashews**

Cashews are abundant in magnesium, copper, zinc, phosphorus, and manganese and are 82 percent unsaturated fat which is good for the cardiovascular health, similarly to the fats present in olive oil. According to 20 years of dietary documents collected from 80000 women from the Nurses' Health Study, consuming one ounce of cashew nuts per week can lower the chance for gallstones by astonishing 25 percent.

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Cashews are also able to help with acne, leprosy, tuberculosis, and pneumonia.  The shell liquid of cashew nuts and its anacardic acids possess anti-cancer, antibacterial, and antioxidant characteristics. They can also fight off cancer and gut ulcers. And, some research indicates that its regular consumption may decrease the chance for pancreatic cancer.

Cashew nuts can also protect the cardiovascular health. Moreover, one study published in the Obesity journal concluded that the consumption of cashews for 2 weeks minimized the chance for weight gain.

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Before heading out, do not forget to check out the video below if you want to learn more about the health advantages that cashew nuts have to offer:

Sources:

HEALTHY FOOD HOUSE

E-HEALTH DIGEST

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