

## Health benefits of almonds

The almond is among the most useful nuts, both as a food and in many other ways. Almonds are not only tasty and relished all over the world they are also beneficial to your health in many ways. Eating almonds has always been considered good for the complexion and for the digestive system, and today scientists think that almonds may be good for preventing cancer as well.



There is also evidence that almonds help to keep cholesterol levels low. As far as the skin is concerned, almond can be used to great effect in several ways. Almond oil makes the skin smooth and soft, which is why it is often favoured as massage. You can prepare a mixture of almond oil, honey, and lemon juice, and apply this as a face pack once a week. Almond oil can also be used for the hair.

Almond milk is also available, and is good for the skin, besides being a nourishing and useful substitute for people who are allergic to milk. In addition, almonds themselves can also be used in many home treatments for the skin. You can soak almonds for a few hours, then grind them, and use this paste with milk or rose water as an excellent face scrub.

Almonds are one of those super foods. The health benefits are wide and varied. Plus, they're delicious! Eating almonds is considered good for the complexion and for the digestive system, and it gets a lot of attention these days for being an antioxidant. There's also evidence that one of the benefits of almonds is to help to maintain low cholesterol. Natural hair care and skin care methods often utilize the benefits of almonds, too.

Natural hair care and skin care almond treatments that I know of are:

- **Almond oil face mask:** Prepare a mixture of almond oil, honey and lemon juice and use it as a moisturizing face mask about once a week. One of the health benefits of almonds is that it can be absorbed by the skin, leaving it smooth, soft and supple. It can reduce the appearance of fine lines, wrinkles and crow's feet. It also helps with dry patches and flaky skin.
- **Almond oil hair conditioner:** For natural hair care, use almond oil as a deep conditioner. Rub it directly into the scalp for natural hair care — use small, gentle circular motions to thoroughly moisturize your scalp. Leave it on the hair for about 20 minutes then wash. This can really help your hair look shiny, silky and healthy. It can prevent breakage and split ends.
- **Almond milk astringent:** The milk made from almonds can be used as an astringent to keep skin looking young and healthy. An astringent should be used after washing to help remove extra impurities and leave skin smoother and give you more even tone.

- **Ground almond exfoliating scrub:** Soak almonds for a few hours, and then grind them. Make a paste of the ground almonds with milk or rose water and use it as a face scrub. Exfoliators make the skin more even in texture and can help remove deep down dirt and oil and being a natural exfoliant is just another one of the benefits of almonds.

More health benefits of almonds are:

- **A reduced risk of heart attacks.** This is a health benefit of the cholesterol regulating property of almonds.
- **A source of fiber.** Fiber is good for your digestive tract. It also fills you up, making a snack of few almonds a healthy choice if you're on a diet.
- **A good source of protein.** Protein is good for your muscles, skin and for natural hair care from the inside out.
- **Omega 3s,** which are good for your brain and immune system. These fatty acids are the "good fats." They've gotten a lot of attention lately for their natural health benefits.

So, you can see why the benefits of almonds are discussed so often! Natural hair care, skin care and great all-around nutrition — who could ask for a more super food?!

Francis



Lord, Make me an instrument of your peace. Where there is hatred, let me sow love.  
Where there is injury, pardon.

Where there is doubt, faith.

Where there is despair, hope.

Where there is darkness, light.

Where there is sadness, joy.

May I be a safeguard for those who have no protection, a guide for those who journey along the way;

For those who wish to go across the water, May I be a boat, a raft, a bridge.

May I be a home port for those who yearn for landfall and a lamp for those who long for the light;

For those who are tired, may I be a resting place, for all who need help, their servant.

O Divine Master, Grant that I may not so much seek To be consoled, as to console;

To be understood, as to understand; To be loved, as to love.

Like the great earth itself and other eternal things, Enduring as the sky itself endures,

For the boundless multitude of living beings, May I be the ground and vessel of their lives.

For every single thing that lives, in number like the boundless reaches of the sky, May I be their sustenance and nourishment until they pass beyond the bounds of suffering. For it is in giving that we receive. It is in pardoning that we are pardoned. It is in dying that we are born to Eternal Life. Amen.

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