

# The Benefits of Avocado Seeds

Have you been throwing away your avocado seeds after slicing open your avocados? Well you need to stop! Why? Stay tuned and find out on ...

## **Playing With Your Food!**

Did you know that the flesh and the skin of the avocado contain only 30% of the antioxidants, while 70% are found in the seed alone? Antioxidants that can help prevent heart disease, lowering bad cholesterol and prevent different sorts of illnesses.

Through consuming avocado seeds you can ease swelling in the gastrointestinal tract and reduce inflammatory diseases in the body. You can even prevent or relieve constipation and help ease diarrhea because of its rich fiber content. The antioxidant known as phenolic compound found in the seed is known to help alleviate pain from gastric ulcers due to the anti-viral and antibacterial properties.

## **Do you need additional reasons why you should consume avocado seeds?**

The seed contains another very important antioxidant known as flavonol, which can help fight cancer. People with cancer are recommended to consume foods rich in flavonol, thus the avocado seed is perfect for them.

Another great reason to include avocado seeds in your diet is they can help to strengthen the immune system . Especially, if you have a weak immune system and suffer from frequent colds during the flu season.

Free radicals are one of the reasons why people get sick, suffer from cancer and age quickly. If you want to help prevent that, the avocado seed can help you fight the free radicals. It can help you achieve a youthful look because it has the ability to rebuild the collagen underneath the skin.

And it doesn't stop there! Oh No! Consuming the avocado seed can help you feel energetic by reducing body aches, joint discomforts and bone diseases; it can help you lose weight and lower blood glucose levels. They can also be satiating, helping you feel fuller for longer by reducing food cravings.

A 2013 study by Pennsylvania State University revealed that avocado seeds, have been used medicinally for generations.

Recent research has shown that avocado seeds may improve hypercholesterolemia, and be useful in the treatment of hypertension, inflammatory conditions and diabetes. Avocado seeds have also been found to possess insecticidal, fungicidal, and anti-microbial activities thanks to the seeds being rich in phenolic compounds.

An evaluation published in the Journal of Basic and Clinical Physiology and Pharmacology showed the evidence of saponins, alkaloids and terpenoids in the of the avocado seed. According to the researchers, these phytochemicals may offer a natural approach to helping manage the affects of Alzheimer's disease, "The anti-cholinesterase and antioxidant activities of avocado leaf and seed could be linked to their phytoconstituents and might be the possible mechanisms underlying their use as a cheap and natural treatment and management of Alzheimer's disease.

### **Now how does one prepare an Avocado Seed for consumption?**

Simple, you set the oven to bake at 250 degrees, wash the avocado seeds, place them in a baking dish or pan, bake them for 2 hours, peel off the outer later once they cool. They have a bit of a nutty flavor so you can eat them as is, but they are not the best tasting. So you will probably be better off adding them to your smoothie to get the benefits of this wonderful super seed!