

KILL CANCER TUMORS With this [GIANT SEEDS], Packed Powerful Antioxidant Helps PREVENT CANCER

Eat avocado seeds to KILL CANCER CELLS <http://bit.ly/2Bh29mw>, strengthen the immune system! YOU'VE BEEN THROWING AWAY YOUR AVOCADO SEEDS, Powerful Antioxidant <http://bit.ly/2kLycjf> Filled Superfood <http://bit.ly/2CFuAXp> Helps FIGHT CANCER <http://bit.ly/2BNeuOV>! Avocados are super-healthy green fruits that are packed with vitamins, phytonutrients, and benefits your whole body. From your hair down to your feet, avocados and their oil are useful, even the seeds can be eaten. Did you know that? You're probably used to throwing the big seeds in your compost or in your guacamole to keep it as fresh as possible. But these seeds are highly nutritious—in fact, an avocado seed has more antioxidants than the fleshy fruit. THE SEED OF HEALTH Most people don't know that the avocado seed has more antioxidants than most fruits and vegetables. More, even, than most healing teas. The seeds give you more soluble fiber than any other food! Avocado seeds have a nourishing, antioxidant-rich oil that lower high cholesterol and help prevent stroke and heart disease. Eating avocado seeds is a great way to reduce inflammatory diseases in the body. Specifically, the avocado seed's powerful benefits work to ease swelling in the gastrointestinal tract. In addition to aiding the GI tract, avocado seeds help relieve diarrhea and constipation naturally and effectively. The antioxidants known as phenolic compounds in avocado seeds make it useful for soothing gastric ulcers. These compounds contain antibacterial and antiviral properties that make the seeds effective at preventing ulcers all along the lining of the digestive system.

WHY YOU SHOULD EAT AVOCADO SEEDS

1. Kills Cancer Cells 70% of the antioxidants in avocados are found in the seeds. The seeds contain flavonol, a powerful antioxidant that helps to prevent and reduce tumor growth. A 2013 study published in Pharmaceutical Biology found avocado extract from the flesh caused leukemia cells to self-destruct. In a more recent study published in the peer-reviewed journal Cancer Research, researchers discovered that a compound found in avocado seed extract called avocatin B was effective against acute myeloid leukemia cells. In total, study researchers tested 800 natural health products against the human acute myeloid leukemia cells.
2. Strengthens The Immune System Avocado seeds contain procyanidins and catechins. They have anti-inflammatory properties that reduce stiffness, swelling, joint pain and diseases. Flavonol in avocado also boosts the immune system and help protects from cold and flu.
3. Heals Digestive Issues For centuries, avocado seeds have been used in South America to treat gastrointestinal tract issues, including gastric ulcers, constipation, and diarrhea. These anti-inflammatory seeds contain more soluble fibers than most other foods on our planet!
4. Protects Heart Health Avocados are an excellent source of heart-healthy monounsaturated fat and thanks to their amino acid and dietary fiber content, the seeds can help lower cholesterol and prevent cardiovascular issues such as the formation of plaque, which can lead to strokes and heart attack "This soluble fiber binds to the fat and excess cholesterol.

Then we can lower cholesterol and improve heart function naturally. Soluble fiber is tough to get in our diet. Oatmeal has some, but it cannot compare with the avocado seed.”

5. Live Longer, Feel Better The seeds don't just help you look younger, they help you feel younger too. Compounds in avocado seeds have the ability to reduce bone disease, joint discomfort, and aches and pains. Antioxidants neutralize free radicals that cause illness and premature aging.

Avocados and their seeds, actually slow down the aging process because of their ability to synthesize collagen. Avocado seeds can lower blood glucose levels and help you maintain a healthy weight. Due to its high content of good fats, you will stay satiated for longer, meaning you won't be munching on snacks all day long.

HOW TO PREPARE YOUR AVOCADO SEEDS

So now you're asking, "how can I get all these amazing benefits from this huge seed?" Of course you can't just bite into it, and it won't go through the juicer, so how do you get the goodness out of this seed? The next time you eat avocados, keep the seeds and wash them. Dry them with a paper towel and put them into a dehydrator or oven to bake it. Heat the oven to 250oF (120oC) and bake the seeds for 2 hours, till the outer skin of the seed cracks. Discard the outer skin. The seeds will now be soft enough that you can use a knife to cut it into smaller pieces. Throw them into your blender and blend them into powder form. You can use the powder still in its moist form, or lightly roast it and store them away dry (keep longer). Your moist powder may appear whitish, or when roasted may appear orange in color.

This is an excerpt from a YouTube Video

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