

# **DR'S NUTS & SEEDS**

**THE WORLDS FINEST QUALITY  
Dr's NUTS & SEEDS NATURES PLANT,  
EARTH-BASED ALL IN ONE 365 DAYS - 365 WAYS**

**More than 30years in the field of Healthcare Service, we developed many health care products in that our premium product is Dr's Nuts & Seeds. Health is the great gift of all. “The Greatest Wealth Is Health”, Dr's Nuts & Seeds keep you naturally healthy 365 days. Our slogan – Keep Healthy, Be Healthy & Stay Healthy. We developed most natural delicious, tasty ALL IN ONE with the world finest nuts & seeds formula that will benefit you. Dr's Nuts & Seeds “ONCE YOU START YOU CANNOT STOP”. It will become part of your daily life.**

# DR'S NUTS & SEEDS

## The Important Health Benefits of Dr's Nuts & Seeds:

- 1. Pecans:** Pecans are called “heart-healthy nuts” decreases Bad cholesterol.
- 2. Pine nuts:** Pine nuts are very beneficial for the health of the eyes, slow down the aging process, build stronger bones and boost immunity.
- 3. Macadamia nuts:** These nuts are 100% cholesterol-free, contains around 7% of dietary fiber reduces cholesterol level & aids digestion.
- 4. Hazelnuts:** Hazelnuts reduce weight & maintain the health of the heart.
- 5. Almonds:** Almonds improve Brain Power, Strengthens Bones and Teeth and increase digestion and metabolism.
- 6. Brazil nuts:** Brazil nuts keeps the nervous system healthy and improve sperm mobility and reduces infertility.

# DR'S NUTS & SEEDS

7. **Cashew nuts**: They reduce the risk of developing gallstones and can give you relaxed and pleasant sleep during nights.
8. **Pistachios**: They prevent heart diseases, type-2 diabetes and are beneficial to the nervous system.
9. **Pumpkin seeds**: They provide relief from insomnia and anxiety, reduce bone weakness and symptoms of osteoporosis & improve insulin regulation.
10. **Sunflower seeds**: These seeds reduce the symptoms of asthma, psoriasis & rheumatoid arthritis and decrease the severity and hot flashes in women going through their menopause.
11. **Black walnut**: Black walnut helps to treat many skin conditions and problems like acne, eczema, and psoriasis and reduces excessive sweating.

## DR'S NUTS & SEEDS

**12. Walnuts:** Consume a few walnuts every day to lower blood pressure and bad cholesterol in your body.

**13. Dried Blueberries:** These are the good source of fiber and keeps bones strong and healthy.

**14. Figs or Anjeer:** They prevents constipation and eliminates diarrhea and irregular bowel movements. The fiber content in figs protects breast cancer.

**15. Dried Cranberries:** Dried Cranberries protects from developing bleeding disorders and protect against urinary tract infections.



# PECANS NUTS



- Pecans are called “heart-healthy nuts”. It prevents coronary artery diseases and strokes
- Calcium present in pecan nuts promotes the health of the bones and teeth.
- Pecan nuts are subjected to dehydration
- Handful of pecan nuts in your diet helps decrease LDL i.e. ‘bad cholesterol’ and increase HDL i.e. ‘good cholesterol’
- Pecan nuts protect the human body from cancer

# PINE NUTS



- Pine nuts increases good cholesterol and reduce bad cholesterol in the body.
- Eating a handful of pine nuts can help in weight management.
- Pine nuts are very beneficial for the health of the eyes.
- It contains protein that provides an instant source of energy.
- Pine nut is also known for its ability to slow down the ageing process
- Pine nuts build stronger bones. They boost immunity.

# MACADAMIA



- Macadamia nuts are 100% cholesterol-free and are highly beneficial to reduce cholesterol level.
- Macadamias contains around 7% of dietary fiber which aids digestion and assist in reducing constipation
- Manganese in macadamia helps the body to deposit new bone tissue, so that the skeleton stays strong
- Macadamias prevent TEWL, or trans-epidermal water loss
- A balanced diet containing macadamias promotes good health, longevity and a reduction in regenerative diseases.



# HAZEL NUTS



- Hazelnuts can help reduce weight and maintain the health of the heart.
- It prevents megaloblastic anaemia and neural defects in babies.
- Hazelnuts can help reduce weight and maintain the health of the heart.
- Hazelnuts increases bone mineral density and fights osteoporosis
- Magnesium in hazelnuts can be very useful for building the structure and strength of the skeletal system
- Hazelnuts should be considered a brain-boosting powerhouse.



# ALMONDS



- **Increase Digestion And Metabolism**
- **Strengthens Bones and Teeth**
- **Improves Brain Power**
- **Prevent Cancer, Birth defects**
- **Handful of Almonds every day, lowers bad cholesterol**
- **Boosts our Energy and Immune system**
- **The amount of Fiber in 4 or 5 almonds is enough to keep your digestion and bowel movements regular**
- **Almonds protect heart health, increasing circulation, the skin, aiding digestion, and helping to control blood sugar levels.**

# BRAZIL NUTS



- Brazil nuts keep the nervous system healthy
- Brazil nuts ease mind-related problems like stress, migraine and memory loss
- Brazil nuts improve sperm mobility and reduce infertility.
- Brazil nuts strengthen the bones by improving bone mineral density.
- It prevents soreness and muscular pain
- It also helps to fend off the signs and symptoms of ageing.
- It provides ample energy to carry out the day-to-day activities.

# CASHEW NUTS



- **Cashew nuts have lowered the risk of coronary heart disease**
- **Daily intake of cashewnut can reduce the risk of developing gallstones**
- **Cashew nuts help in growth and development, nucleic acid synthesis and digestion**
- **Magnesium content present in cashew nuts is very good for bones. So it gives healthy teeth as well as strong gums to hold them**
- **Cashew nuts are rich in vitamins which keeps safe from sideroblastic anaemia, pellagra, etc**
- **Cashew nuts can give you relaxed and pleasant sleep during nights**
- **Cashew nuts lowers blood pressure with the help of magnesium present in them**



# PISTACHIO NUTS



- Pistachios prevent heart diseases. It also increases strength of the nerves making heart stronger
- Pistachios help in reducing bad cholesterol, LDL and increases good cholesterol, HDL in the body
- Pistachios prevent even type-2 diabetes.
- Vitamin B6 is present in high concentration in pistachios which is very beneficial to nervous system.
- Vitamin E present in pistachios is helps fight ageing process of skin and making you look younger.
- Pistachios help promoting healthy vision

# PUMPKIN SEEDS



- Pumpkin seeds provides relief from insomnia and anxiety
- It helps to improve metabolism
- It reduces bone weakness and symptoms of osteoporosis
- Pumpkin seeds prevents cardiovascular diseases
- Pumpkin seeds prevent calcium oxalate kidney stone formation.
- Pumpkin seeds are good for prostate health.
- Pumpkin seeds, rich in healthy fats, antioxidants and fibers, may provide benefits for heart and liver health
- pumpkin seeds may help improve insulin regulation and help prevent diabetic complications



# SUNFLOWER SEEDS



- Sunflower seeds reduce the symptoms of asthma, osteoarthritis and rheumatoid arthritis.
- Sunflower seeds enhance the immune response, thereby decreasing the risk of certain cancers
- Sunflower seeds can decrease the severity and frequency of hot flashes in women going through their menopause
- Sunflower seeds can also prevent the occurrence of cardiovascular diseases.
- Sunflower seeds are known to soothe nerves and ease stress and migraine
- Sunflower seeds provide strength and flexibility in joints and bones.



# BLACK WALNUTS



- **The black walnut reduces excessive sweating**
- **Black walnut benefits may include helping to treat many other skin conditions and problems like acne, eczema and psoriasis.**
- **Black walnut is unusually considered a treatment for both constipation and diarrhoea.**
- **Black walnuts reduces LDL cholesterol**
- **This can help to lower your blood pressure, ease tension on your cardiovascular system, reduce the chance of developing atherosclerosis.**
- **Black walnuts boost the health of the immune system**

# WALNUTS



- Consume a few walnuts every day to lower blood pressure and bad cholesterol in your body.
- It boosts good cholesterol production and benefits your heart.
- Walnuts are essential for a healthy brain
- Eating a few walnuts every day can lower the risk related to breast cancer.
- Walnuts can keep your bones strong
- These are essential for women during pregnancy for the health of the foetus.
- Consume walnuts daily to keep your digestive problems at bay.



# DRIED BLUEBERRIES



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- **Dried Blueberries are a good source of fiber**
- **Dried Blueberries keeps bones strong and healthy.**
- **Dried Blueberries are good for healthy heart**
- **They helps your body absorb nutrients and ensures proper brain function.**
- **Dried blueberries promote a healthy digestive system, provide satiety and can help keep blood sugar and cholesterol levels stable.**
- **Dried blueberries have been found to improve vision, clear arteries, strengthen blood vessels**



# FIGS OR ANJEER



- **Figs or Anjeer prevents constipation and also eliminates diarrhea and unhealthy or irregular bowel movements**
- **The fiber in figs also helps to reduce weight**
- **Fiber content in figs protect breast cancer**
- **Avoids urinary calcium loss and strengthen bones and reduces the risk of osteoporosis**
- **Figs or Anjeer are a way to correct sexual dysfunction like sterility, endurance, or erectile dysfunction**
- **Prevents vision loss caused by macular degeneration**
- **Reduces risk of colon cancer**

# DRIEDCRANBERRIES



- **Dried Cranberries protects from developing bleeding disorders. It is mainly good for women**
- **Dried Cranberries protect against urinary tract infections**
- **Dried Cranberries can improve the function of your heart, lungs, circulatory system, and liver**
- **Dried cranberries will be a great way to boost your immune function and protect your body against threats**
- **Dried Cranberries help to reduce the swelling**
- **Dried Cranberries are GREAT for digestion**