**Almonds/Almond Butter**

Raw Almonds are our oldest cultivated nut, and one of the great foods of all time. Almonds are rich in monounsaturated fat, which provides heart-healthy benefits beyond the reduction of cholesterol. Monounsaturated fat is the key fat found in the Mediterranean diet, which has been shown in virtually every research study to be associated with lower levels of heart disease and cancer. Almond Butter is also loaded with fiber, and vitamins and minerals, in particular magnesium and Vitamin B6.  It is also an excellent source of Vitamin E.

**Brazil Nuts**

Raw Brazil Nuts have the highest selenium content of any food I've studied.  Selenium is an essential trace element that has been shown to have a protective effect against cancer. According to the Physician's Desktop,  its "antioxidant, immunomodulatory, anti-carcinogenic, and anti-atherogenic," which, translated into English, means that it protects the cells, boosts the immune system, helps fight cancer and helps prevent heart disease. The thyroid is also dependent on selenium to function properly.

**Flaxseed/Flaxseed Butter**

Raw Ground Flaxseeds provide eight hundred times more cancer-fighting lignans than any other food, which protect against breast and prostate cancer. Flaxseed is also a good source of essential fatty acids, and ground flaxseed is frequently an effective treatment for constipation. Lignans have a protective effect against cancer, and increase sex-hormone binding globulin (SHBG), which binds to estrogen and helps ridit from the body.  Not only does flaxseed promote

cardiovascular and colon health, it can boost immunity, promote healthy skin, and help stabilize blood sugar.  Flaxseeds are also anti-inflammatory and possess antioxidant properties.

**Pumpkin Seeds**

Pumpkin Seeds are a rich source of minerals, especially magnesium, potassium and phosphorus. What's really interesting is when they are roasted they contain more protein, as well as more zinc, fiber and cancer-fighting selenium.  Both the raw and roasted contain a good amount of manganese, an important trace mineral that's essential for growth, reproduction, wound healing, peak brain function, and the proper metabolism of sugars, insulin and cholesterol.

**Sesame Seeds/Sesame Seed Butter/Tahini**

The Sesame Seed is truly ancient and is the oldest plant known for its seeds and oil, and is especially valued in Eastern, Mediterranean and African cultures. The actual seeds contain about fifty to sixty percent of a fatty oil that is characterized by two members of the lignan family, sesamin and sesamolin. Studies have shown that sesame lignans enhance the burning of fat by increasing the activity of several liver enzymes that actually break down fatty acids. They also help reduce cholesterol and in a study published in the Journal of Lipid Research, sesamin lowered both serum (blood) and liver cholesterol levels.  Tahini is made from hulled sesame seeds, and is therefore a more refined product.

**Sunflower Seeds**

Sunflower Seeds contain a wide variety of nutrients and protective plant compounds known as phytosterols. Phytosterols are well known for their ability to lower cholesterol and provide other health benefits. Sunflower seeds also contain a potent antioxidant team of selenium and vitamin E to fight cancer and heart disease. Vitamin E is one of the most powerful antioxidants in the body and a quarter cup serving of dry sunflower seed kernels provides more than forty percent of the recommended daily value. These kernels are also rich in protein and fiber, with again another quarter cup providing thirty percent of the daily value of selenium, a vitally important cancer-fighting trace mineral that works synergistically with vitamin E.

**Walnuts**

Walnuts contain the highest amount of Omega-3 fats of any other nuts. In addition to the many remarkable things Omega-3 does for you, like help lower triglycerides and reduce plaque formation, walnuts also support brain function on a number of levels. One of those levels has to do with mood and feeling. Here's why it makes sense.  Fats in the diet are incorporated into cell membranes. Omega-3's are soft and fluid and give the cells enough "give" to allow them to communicate with each other, facilitating the movement of feel-good neurotransmitters like dopamine and serotonin in and out of the cells.  They also help to support memory and thinking as well. Omega-3 is truly "brain food", and walnuts are rich in them!