

## BLACK WALNUTS



**The walnut's green hulls in their dried and ground form are high in tinanin and jugladin. They are effective blood oxygenators, and this is what kills off any parasites.**

I want to discuss the importance of black walnut milk and how to make it. Black walnut milk has been shown to help fight depression, improve brain health, and boost heart health and more. The black walnut (*Juglans nigra*) has been a nutritious addition to the diets of individuals since ancient times, from the Native American to Asian cultures. Studies have focused on the Walnuts contain omega-3 fatty acids, which help improve memory and focus. Omega-3 fatty acids coupled with iodine and selenium ensure optimum functioning of the brain. These nuts are included in the Mediterranean diet and they are also known to treat cognitive disorders like dementia and epilepsy. constituents, flavonoids, quinones and polyphenols found in the kernels, which are known for their antineoplastic, anti-inflammatory,

antioxidant, anti-atherogenic and neuroprotective properties. According to the Pharmaceutical Society of Australia, black walnut is effective against ringworm, tapeworm, pin or thread worm, and other parasites of the intestine. Black walnut milk is an excellent source of alpha-linolenic acid (ALA), with 100 grams of the walnuts containing 3.3 grams of ALA.

Walnuts are an excellent staple of the Mediterranean diet, a diet thought to be healthy in reducing mortality rates from coronary artery disease, which is low in Mediterranean populations. Recent epidemiological studies suggest that frequent consumption of walnuts may have protective effects against coronary heart disease because of the promising effects on blood lipid profiles. In clinical studies, diets supplemented with walnuts decreased serum concentration of low-density lipoprotein and cholesterol. Other potential protective constituents include high amounts of magnesium, vitamin E, protein, dietary fiber, potassium and alpha-linolenic acid. Fungal infections, such as ringworm. These fungal infections usually involve the keratinized tissues, such as hair, skin and nails. Helps Protect Against Cancer

Quinones have been associated with anticancer activity. Juglone is a quinone found in the leaves, roots and bark of black walnut trees. The exocarp of immature green fruit, bark and branches has been used in China to treat liver, lung and gastric cancer. Juglone blocks potassium channels, promotes the generation of hydrogen peroxide and inhibits transcription in cancer cells. Black walnut is typically touted as a natural remedy for the following health problems: Asthma, Constipation, Diabetes, Heartburn, High blood pressure, High cholesterol. Walnut along with EFAs, provide minerals like manganese, copper, potassium, calcium, iron, magnesium, zinc, and selenium to the body. These minerals help contribute to metabolic activities like growth and development, sperm generation, digestion, and nucleic acid synthesis. People suffering from diabetes can have walnuts on a regular basis without any significant weight gain since they contain a high amount of polyunsaturated and monounsaturated fats.

Black Walnut milk? Antifungal Action Skin Care Aids in Digestion.

Walnut milk Improves Heart Health, Boosts Immunity Improves Respiratory Conditions, Prevents Cancer Walnuts are one of those nuts that helps you feel full, which means that it increases satiety. Researchers from Harvard Medical School found that people who consumed a smoothie containing walnuts had an increased level of fullness during the day as compared to people who had placebo smoothie. The rich source of protein

and fiber makes it a healthy snacking option, especially for vegetarians. Essential fatty acids, in walnuts, secure the bone health of the body. They increase calcium absorption and deposition while reducing urinary calcium excretion. Walnut milk has a positive impact on male fertility by improving sperm quality, quantity, vitality, and motility. This was confirmed by a study published in the Biology of Reproduction journal led by Wendie Robbins from the Fielding School of Public Health, University of California. Black Walnut milk get rid of parasites, clear out the intestinal tract and ready the body for healing. This is how you make black walnut milk. Add 2 cups deshelled black walnuts into a blender. Add 4 1/2 cups of spring water. Add 1/2 tsp of sea salt. Add 1/2 tsp of vanilla extract, a pinch of cinnamon. Add 2 dried dates or 3 spoons of honey. Blend for for 80 seconds. Strain then put it into a container and it's ready to drink, Store in refrigerator. Feel free to contact me about this or any other health issues you may be going through.