

# Almond

Almond promotes heart health and prevents gallston...

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# Hickory

Hickory increases metabolism and proper functionin...

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# Butternut

Butternuts aids digestion and manages cholesterol...

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# Brazil Nut

Brazil Nut is difficult to harvest but prevents ce...

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# Macadamia

Macadamia nut is an ingredient to skincare and cos...

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## Pine Nuts

Pine Nuts aids weight loss and in lowering cholest...

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## Kola Nuts

Kola Nuts is also called Coca Cola and it fights f...

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## Betel Nuts

The betel nut is used as a stimulant and is benefi...

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## Chestnut

Chestnut is a prehistoric food known to strengthen...

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# Pecan

Pecan has healthy fat that can control cholesterol...