Hard shell - healthy kernel

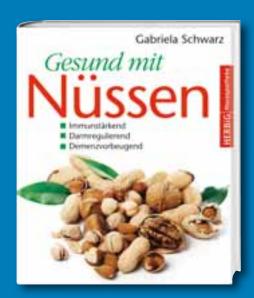
Not only do they taste good, they also provide us with important vitamins, minerals, and healthy unsaturated fatty acids. Cashew nuts, peanuts, hazelnuts, coconuts, macadamia nuts, walnuts, pistachios, and almonds are true miracle weapons. As a regular part of your diet, they can prevent or alleviate illnesses like arteriosclerosis, rheumatism, indigestion, or cardiovascular problems as well as improve the ability to concentrate in case of stress. Furthermore, the oil and leaves of some nuts possess specific healing powers that are particularly utilized and appreciated in the creation of cosmetics. With delicious recipes – indispensable in every medicine chest.

Gabriela Schwarz, born in 1958, studied chemistry, and today works as a successful freelance author and medical journalist. Her books mainly focus on health topics, and *The Healing Power of Herbs*, and *Healthy with Sauerkraut and Cabbage* have both been published within the series »Herbig Hausapotheke«.

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Ellen Heidböhmer, born in 1963, works as an author and editor, and has been engaged in alternative healing methods for many years. Previously, her successful guide books *Healthy with Ginger*, *Elderberries: The Medical Plant, Medicine from the Deep*, and *Stay Healthy with Nettles*, *Dandelion and Rocket* have also been published within the series »Herbig Hausapotheke«.

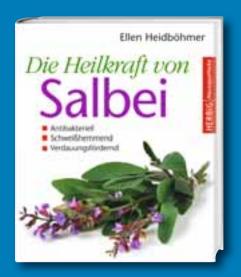


Gabriela Schwarz

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