



BRAZIL NUTS TESTOSTERONE BOOSTERS REMEDY

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Brazil nut (*Bertholletia excelsa*) is a South American tree belonging to the same order Ericales, known to be with other plants like blueberries and cranberries. Its plants found in Brazil, Guiana, Venezuela, Boliva, Peru and Colombia, Brazil is largest producer. When being grown, the fruit takes 14 months to mature after pollination where the can be in 10 to 15 cm in diameter. Selenium is found in abundance quantity in Brazil nuts. Just one of these creamy delicious nuts has around 50 mcg of selenium, possibly even as high as 90 mcg.



Selenium has been shown in research studies to boost testosterone levels in infertile men and many people, particularly in bodybuilding forums, athletes, report suggest a greater libido when person eat Brazil nuts regularly.

Brazil nuts also rich source of B complex vitamins, choline, vitamin E (*Tocopherol*), calcium, magnesium, iron, phosphorus, zinc, manganese, boron, and copper in sufficient amount. Brazil nuts are also high in zinc, the amino acid arginine and beneficial fatty acids needed to make important *steroidal hormones* like testosterone. Arginine an amino acid acts as vasodilator it releases nitric oxide which increases blood supply to the penile shaft corpora cavernosa and corpus spongiosum. All of these nutrients could play their part in Brazil nuts long-standing reputation as an aphrodisiac.

Women too can benefit in this department. Even though they don't make or need nearly as much testosterone as men, rectifying a selenium deficiency and increasing nutrients like zinc and arginine with Brazil nuts can have some very positive results in their reproductive life. Persons who take 2-3 Brazil nuts feel rejuvenated in their

sexual life and feel about ten years younger in stamina and endurance. At the highest levels of Brazil nut intake, athletes, bodybuilders and those with a known selenium deficiency have reported good results in health forums with taking 2 to 3 Brazil nuts in the morning and 1 to 2 in the evening.

Why Brazil Nuts are better than Selenium substitute
This study on selenium absorption showed participants eating just two Brazil nuts a day, versus those taking 75 micrograms of selenomethionine had far good absorption and blood levels of selenium from the Brazil nuts These nuts also rich source of Tocopherol(Vitamin E), which is believed to enhance the beneficial effects of this essential mineral.

Brazil nuts also beneficial in these conditions

1. Brazil nuts could help regulate thyroid function

Proper thyroid function may depend on selenium deficiency. The thyroid gland is a small butterfly-shaped gland found just below Adam's apple. It play major metabolic function in everyday life; like the regulation of appetite, sleep, temperature, weight, and many more things. Selenium consumption could help patients with

illnesses like *Hashimoto's disease*, *Grave's disease*, and *anti-TPO antibodies*.

2. Brazil nuts may relieve asthma symptoms

Studies have suggested that patients with long-term asthma may have lower levels of selenium. When the patients engaged in selenium supplementation, the researchers found that the asthmatic symptoms ease while taking these nuts regularly.

3. Brazil nuts could help you maintain a healthy weight

Brazil nuts are calorically-dense and nutritionally-rich. One hundred grams of Brazil nuts contain 656 calories. Most of the calories come from the high-fat content, mainly from monounsaturated fatty acids (MUFA) like palmitoleic acid (16:1) and oleic acid (18:1). These types of MUFA can help decrease low-density lipoproteins (LDL) or (*bad cholesterol*) and help increase high-density lipoproteins (HDL) or (*good cholesterol*) levels in the blood.

4. Brazil nuts could help lower the risk of heart disease

Observational studies reveal that low selenium concentrations are linked with an increased risk of coronary heart disease due to *selenium's ability to fight inflammation*, improve blood flow, and provide antioxidant activity. Also, oleic acid may help protect against heart disease. A seven country-study found that people whose foods contain monosaturated fats had lower incidence of heart disease.

5. Brazil nuts also beneficial in skin glow and smoothness

Brazil nuts are good source of zinc, which can help fight acne. Research suggested that patients with acne have decreased levels of zinc than people with clear skin. Supplementation could reduce acne by 50%. Test tube studies have suggested that zinc has anti bacterial property which kill acne-causing bacteria and pose as a natural acne killing agent. Also, zinc reduces the inflammatory response to bacteria, making the red pimples disappear. Regular use of this nuts making skin glowing, it's also beneficial for healthy hairs its keep their natural shining and prevent premature greying and hair fall.

6. Brazil nuts may have anticancerous properties

There is no clear cut evidence against cancer; however, there are foods you can eat that could help reduce the risk of cancer. Brazil nuts are one of those foods because of the abundant ellagic acid and selenium content. A study published in the BioMed Research International found that *ellagic acid is antimutagenic* as well as *anticancerous*. Another study published in the *Journal of the National Cancer Institute* found an inverse relationship between serum selenium levels and oesophageal cancer.

7. Brazil nuts may improve digestive system

Brazil nuts are loaded with fibre which could help move food through the digestive system while extracting as many nutrients as possible. Diets high in dietary fibre could also help prevent *stomach ulcers, constipation, bloating, and even colon cancer*. One hundred grams of Brazil nuts contain 8 grams of dietary fibre, according to the United States Department of Agriculture; Individuals who eat regularly a *Western diet* mostly devoid of enough fibre due to their habits of non-vegetarian diet. Every *men and women are to eat 38 grams and 25 grams of fibre, daily*.

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