

ANJoy.

1(3) . MAY 2024



NUTS!



About



Welcome to **ANJoy**, a wellness zine and art project by **Altered Native**.

It is a way to process, reimagine and present boring topics about wellness in a more colorful and fun fashion.

Our works are mostly inspired by Surrealist and Cubist styles, as well as typographies of vintage Japanese and American advertisements. We would like to credit these artistries and their introductions of us into a comfortable space.

We hope you will enjoy the present!

EVERY ONE CAN ANJOY.



We may not be professional writers nor artists, but ANJoy is the freedom to explore creatively, to present logic in illogical ways, to make sense with one's own senses.

It is meant to be free enjoyment, and we hope it does similar things for the reader.

vibe with us?

We are happy to support and feature aspiring artists. Please contact us.

loka@alterednative.org



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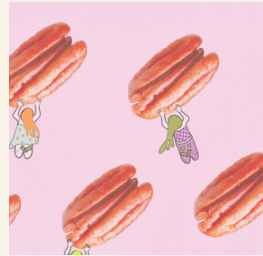
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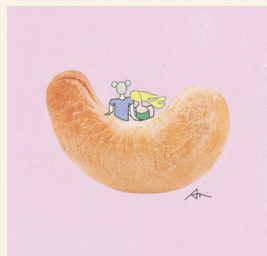
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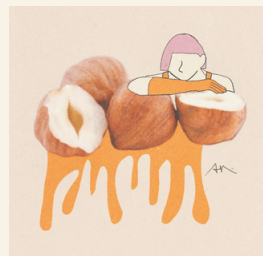
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NUTS

Introduction

Nuts had always held high nutritional profiles - and today we explore the benefits of four popular nuts, mainly being -

- Walnut,
- Pecan,
- Cashew, and
- Hazelnut.

We study their bioactivities, benefits, applications, and interesting facts!



1) WALNUT



AN

WALNUT'S PROFILE

Walnuts' important vitamin structures include:

- Riboflavin,
- Niacin,
- Thiamine,
- Pantothenic acid,
- Vitamin B6, and
- Folate/B9



These preventive effects of inflammation decreases the risk of **high blood pressure**; along with **preventing arterial illnesses** that can result with: heart, and brain stroke, chest diseases, colon and prostate cancer.

Walnut is a perfect source of **vitamin E**.
Vitamin E in walnut fat has two forms: **alpha tocopherol** and **gam- ma-tocopherol**.

A 100 gr of walnut has 21 mg gam- ma-tocopherol (Vitamin E), and this amount provides the **140% of daily need**. Vitamin E is a strong fat-soluble antioxidant.

Why do we need Vitamin E?

Vitamin E is needed to protect the mucus and skin cell membranes against the harmful effects of free radicals and to keep their unity. ♡

ANTIOXIDANTS

Apart from Vitamin E, the antioxidant substances in walnut **have 15 times more effects**. Walnut is considered the best for our hearts, due to its significantly higher antioxidants.

What's the deal with antioxidants?

Anti-oxidants are the substances that **protect the cells against the damages** caused by harmful molecules known as free radicals.

Walnut reduces: cholesterol, oxidative stresses caused by free radicals, and the inflammations that damage the health.



WHAT WILL IT TO DO FOR ME?

Consuming walnut daily protects the body against **heart diseases, some certain cancer types, diabetes type 2, and other health problems**. Recent researches showed that walnut reduces the risk of heart-attack; as it helps blood run more easily in the vein!

As mentioned, Walnuts possess **potent pharmacological activities**, with numerous valuable medicinal properties like antiinflammatory, antidiabetic, aphrodisiac, antihyperlipidemic, and free radical scavenging activities.

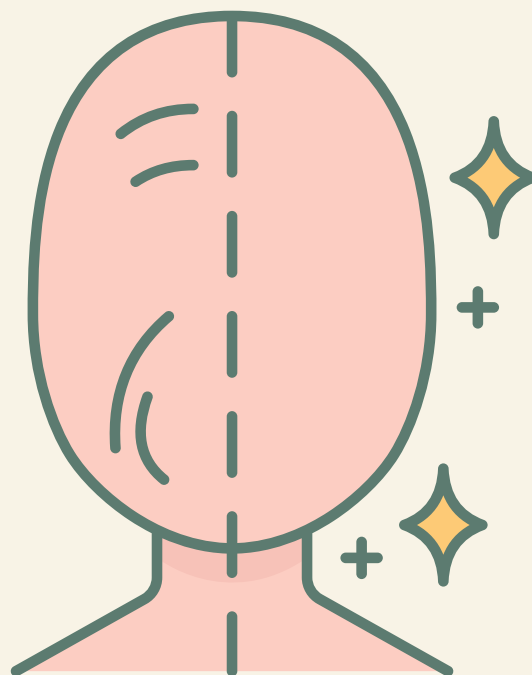


ANTI-AGEING

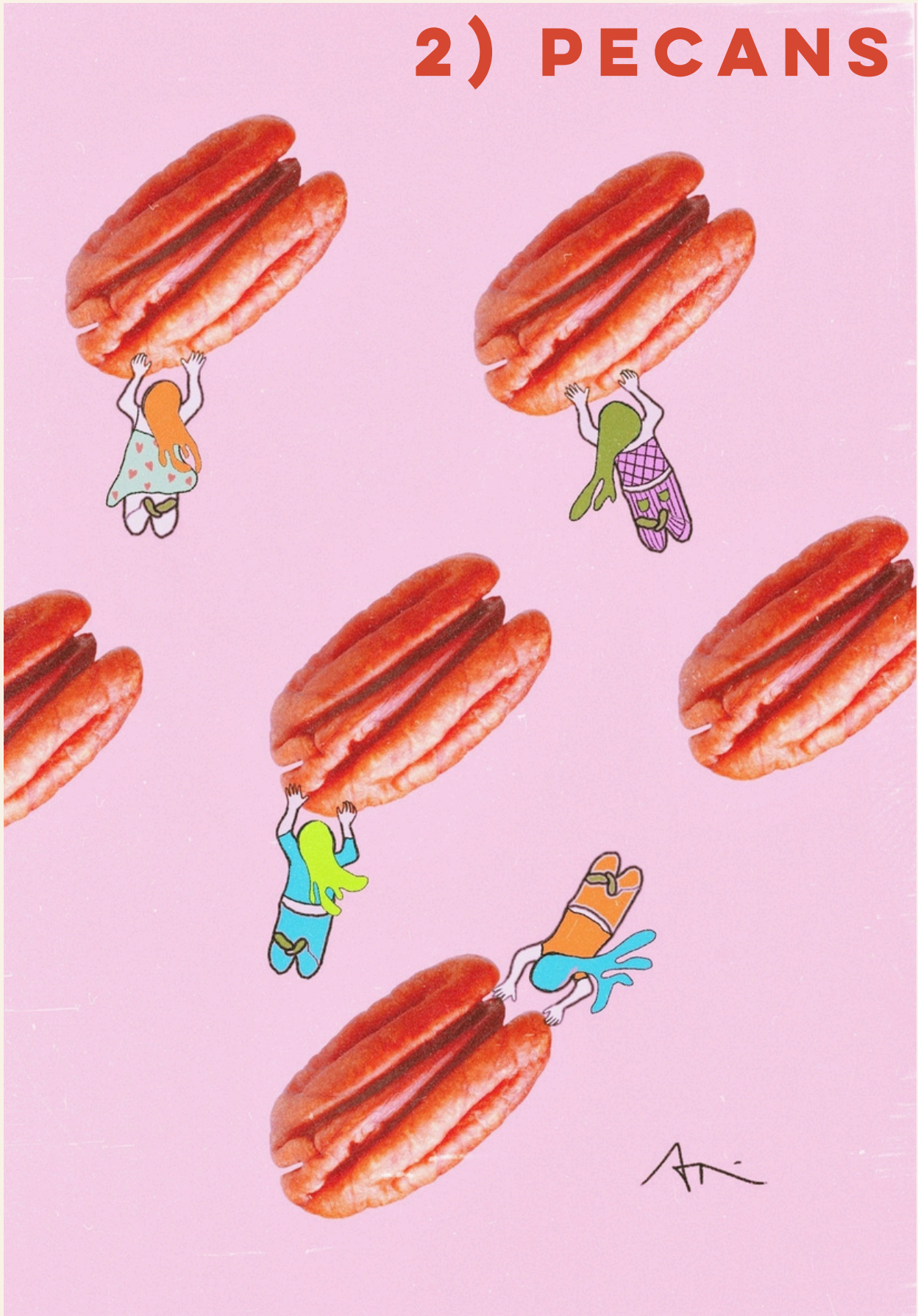
DID YOU KNOW?

The walnut oil is considered a major ingredient of **anti-wrinkle and anti-aging**.

Dry skin creams products acquire a moisturizing property and free radical scavenging capacity.



2) PECANS



Pecan Hangers, 2024

PECAN'S PROFILE

Pecan kernels are sources of:

- protein,
- dietary fiber,
- vitamins,
- minerals, and
- many other bioactive substances.

Pecans contain **phytochemicals**, which are known to provide health benefits. Regarding the vitamins and minerals, pecan kernels are a good source of **vitamins A, E, B vitamins, along with folic acid, calcium, magnesium, potassium, and zinc.**



PHENOLIC COMPOUNDS

High contents of phenolic compounds, tocopherol, and monounsaturated fatty acid suggest several health benefits for the body.

Phenolic compounds have been reported to protect against atherosclerosis, hypertension, cardiovascular diseases, cancer, and viral infections and to act as general antioxidants.

Pecan nuts hold high contents of:
Phenolic compounds, Tocopherol, and
Monounsaturated fatty acid.

Phenolic compounds have been reported to protect against;

- Atherosclerosis,
- Hypertension,
- Cardiovascular diseases,
- Cancer, and
- Viral infections.

PHENOLIC COMPOUNDS

Pecans may lower lipid oxidation and enhance antioxidant capacity.

Epidemiological evidence suggest cardioprotective effect of nut consumption. When incorporated into meals, pecans reduce cardiovascular disease through a reduction in lipid and lipoprotein risk factors.

.Pecan extracts show high antioxidant capacity when tested by various assays in vitro.

These data demonstrate that pecans are a rich source of redox-active compounds and may contribute to antioxidant protection provided in the diet by plant foods.

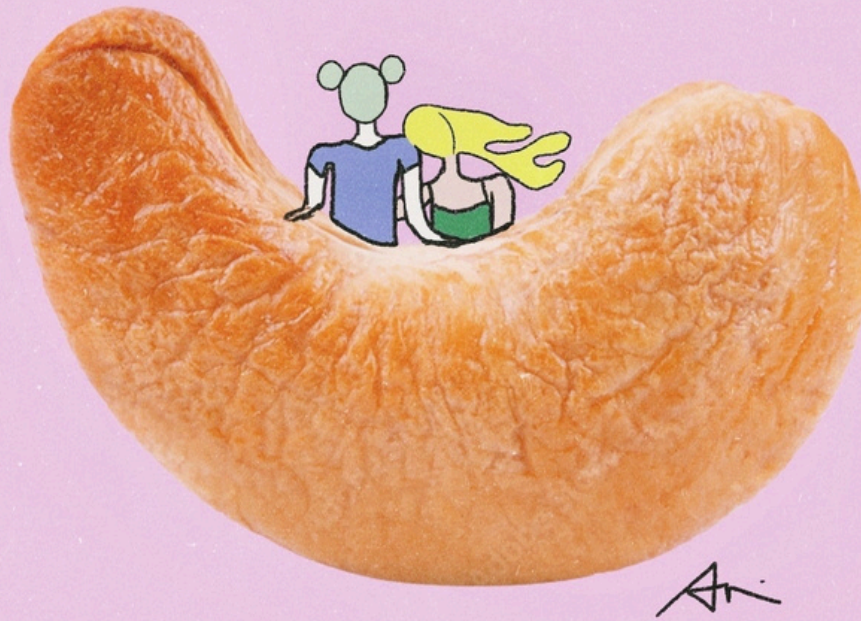


FACT

Total antioxidant capacity (sum of hydrophilic and lipophilic oxygen radical absorbance capacity of pecans at 179 micromols of Trolox equivalents) -

the highest among the nuts.

3) CASHEW



CASHEW'S PROFILE

The nutritional composition of raw cashew kernels is very similar to whatever its growth region.

Raw cashew kernels shows equilibrate and high nutritional composition, full of healthy fats and **considerable amounts of sterols, amino acids, vitamins, and minerals** that have been considered to have beneficial effect on health.

Cashew nuts represent a good source of **unsaturated FA, fiber, sterols, vitamins, and amino acids** whatever its grown region, suggesting that their intake contribute to the widely known beneficial roles in health of these nutrients.

Alone by the tree, 2023

FUN FACT

India is the largest producer and exporter of cashew kernel, accounting for **almost 50% of world export**.

Cashew nut shell liquid, a byproduct obtained during the processing of cashew nuts is reported to possess **antioxidant activity**.

The kernel of cashew nut valued in trade is covered with a thin reddish-brown skin or testa. The testa has been reported to be a good source of **hydrolysable tannins, with catechin and epicatechin as the major polyphenols**.



FUN FACT

The tree has been cultivated in tropical countries for close on **five hundred years**, and from the fruit to the nut to the shell, the cashew is basically edible and useful.



4) HAZELNUT



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HAZELNUT'S PROFILE

Hazelnuts have a significant place among the types of dried nuts in terms of nutrition and health owing to their special composition of:

- Fats,
 - Protein,
 - Carbohydrates,
 - Vitamins,
 - Minerals,
 - Dietary fibers, and
 - Phenolic antioxidants.
-
- According to the daily microelement requirements, the quantity of 100 g hazelnut provides approximately 13% for K, 55% for P, 70% for Mg, 10% for Ca, 94% for Fe, 22 for Zn and 5.6% for Cr of the RDA.

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HAZELNUT'S PROFILE

The **bioactive substances** within hazelnut include :

- L-arginine,
- Selenium,
- Caffeic acid,
- Gallic acid,
- P-hydroxy benzoic acid,
- Epicatechin,
- Einapic acid and
- Quercetin

These nutrient provide **anti-atherogenic benefits** by means of biological mechanisms acting on various pathways in cardiovascular disease development! ! ♥

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USES

At present, many studies have found that hazelnut and its by-products are rich in **phenolic compounds**.

These strong antioxidant and various bioactivity potentials hold capacity to be used in food, pharmaceutical, animal production and even cosmetic industries.



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HAZEL HEART

Hazelnut consumption has been associated with a **reduced incidence of heart disease and hypertension**. Their monounsaturated fatty acids protect low-density lipoproteins against oxidation.

Hazelnut oil **decreases the cholesterol level in blood** and controls unfavorable effects of hypertension.

Hazelnut fiber has been consistently shown to **clear the veins and arteries of cholesterol**, and thus helps the blood to flow more freely, **transporting oxygen and nutrients more speedily around the body** and avoiding heart difficulties.

HAZELNUT & DIABETES

Replacing 10% of total daily calorie intake with raw, unsalted hazelnuts could **preserve high density lipoprotein cholesterol in patients with type 2 diabetes** despite little effects on fasting blood sugar, total cholesterol, low density lipoprotein cholesterol, and triglyceride levels.



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FUN FACTS

- Turkey is the world's largest hazelnut grower and producer (production of 665,000 tons in 2020), accounting for 75 % of the world's annual hazelnut production, followed by Italy, China and others.
- Turkey produces about 550,000 t of hazelnuts annually, which is approximately 80% of the world's hazelnut production. The other countries producing hazelnuts are Italy with 110,000 t, the USA with 25,000 t and Spain with 18,000 t per year.
- Turkey exports 75% of its hazelnuts, and the total export revenue from hazelnuts and hazelnut products is about 1 billion US\$ annually.
- Hazelnut is used as a medicine to prevent brain shrinkage and memory loss in traditional Persian medicine.

ENJOYING NUTS



While there are many ways to enjoy nuts - such as snacks, salad toppings - our favourite is still our **Manuka Pecan Butter**. The nut's natural caramel flavour, sweetened lightly and naturally by us, with Manuka honey UMF+15, elevates the nut's nutritional profile.



Walnutfly (2024)

Cover Info

Our designs include many butterflies for its representation of metamorphosis.

We believe wellness is something obtained with patience effort, and awareness.

Stubbornly sticking to our purpose of introducing wellness to every reader, customer and follower -and wishing them a positive transformation.

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