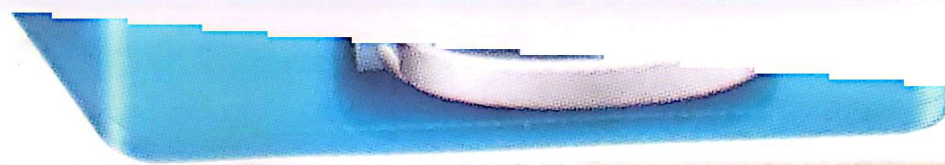


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ground nuts, sunflower, coconuts, and  
all other types of nuts because they  
are healthier food options. They  
contain Vitamin E which protects



## ODD WARS

### Vegetable Oil VS Fish Oil



Fish oil is extracted from the body of fish. It is rich in two specific groups of omega-3 fatty acids acid (DHA) and eicosapentaenoic acid (EPA). DHA and EPA. The omega 3 is important for cardiovascular function, nervous system function and brain development and immune health.

# Common immune boosters at home

## Stevia

Stevia is a naturally very sweet herb considered to be 100 to 200 times sweeter than sugar which does not raise blood sugar levels like sugar and other artificial sweeteners do. Unfortunately, while stevia leaf (in fresh or dried form), is a natural herbal sweetener, many modern forms of stevia based sweeteners are powdered and processed. In fact, popular powdered stevia sweeteners go through dozens of steps during processing from bleaching to chemical alteration. A study found that regular

consumption of stevia can help reduce blood pressure for patients with mild hypertension. Another study found that stevia may have the potential to reduce breast cancer cell growth. The stevioside found in this herb helps to lower the cholesterol level in the body. Furthermore, the cholesterol which is being reduced is the oxidized LDL

cholesterol that indicates the heart disease.

Compiled by  
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