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## Almonds Reduce Inflammation – Eat Almonds They are Good

**Editors Note:** Almonds reduce inflammation. Inflammation is a factor in heart disease and cancer and many other chronic degenerative diseases such as rheumatoid arthritis. Eat almonds – before FDA tries to them off the market like they tried to in the 1970s when it was scientifically demonstrated that a substance called amygdalin, (aka laetrile or Vitamin B-17) inhibited the spread of cancer (The Cancer Industry, Moss R.W.). The FDA also went after American citizens who took laetrile. The truth is irrelevant to the FDA. They're in bed with the drug boys.

### Study - Almonds reduce inflammation

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A new study from the University of Toronto (Ontario) suggests eating a healthy diet, including almonds, reduces inflammation by about the same level as taking a first-generation statin drug, reports the Almond Board of California.

The study, published in the European Journal of Clinical Nutrition, found that heart disease risk correlates not only with cholesterol levels, but also with inflammation of blood vessels. And following a dietary portfolio that includes almonds effectively lowers C-reactive protein levels, a key marker of inflammation.

In this study, 34 individuals followed a dietary plan, called the Portfolio Eating Plan, which included a daily consumption of almonds. Those who followed the dietary plan lowered their C-reactive protein levels 24% from the baseline, which is similar to the reduction achieved by taking a first-generation statin drug (16%) - without the side effects of taking the pills.

"Inflammation is likely to receive increasing attention as a marker of heart disease risk," said Cyril Kendall, PhD, University of Toronto and study author. "To date, no other food research has demonstrated a reduction in inflammation such as this. Now we know that a food strategy can be used to not only reduce cholesterol as much as a statin but also inflammation." This article was prepared by Angiogenesis Weekly editors from staff and other reports. Copyright 2005, Angiogenesis Weekly via NewsRx.com.

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