

Cashewing Sun Flower Seeds to Crack Cancer

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"God gives the nuts, but he does not crack them." - Franz Kafka

The September issue of the British Journal of Cancer included a study which advanced the theory that the consumption of nuts prevents cancer.

Researchers at the Department of Epidemiology and Prevention, Istituto Neurologico Pozzilli, Italy, compared food consumption data against mortality of 19,386 subjects and offered this effective prescription regarding eating nuts 8 or more times per month:

"...Nut intake was associated with reduced cancer and total mortality."

According to the nut industry the global nut market was valued at \$1.137 billion in 2014, while the global seeds market stood at \$56 billion.

What should you be doing? Since sunflower seeds spend their summers soaking up the warming rays of a star, eat some of that magic sunshine.

Follow the advice found in **Genesis 1:29** and cease eschewing and start chewing cashews. Cease being a dupe and begin eating drupes! Who can cure cancer? Pe-can!

"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat."

- Genesis 1:29 (King James Bible)

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