

REVIEW ARTICLE

NUTS AND HEALTHY LIFE: A BRIEF REVIEW

*Nirmala Haligudi

Department of Pharmacy, Oms Medical College, Muscat, Oman

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ABSTRACT

Nuts are an important source of nutrients for both humans and wildlife. Tree nuts are a rich source of tocopherols and total phenols and contain a wide variety of flavonoids and proanthocyanidins. In addition to being a rich source of several essential vitamins and minerals, mono- and polyunsaturated fatty acids, and fiber, most tree nuts provide an array of phytochemicals that may contribute to the health benefits attributed to this whole food. Although many of these constituents remain to be fully identified and characterized, broad classes include the carotenoids, hydrolyzable tannins, lignans, naphthoquinones, phenolic acids, phytosterols, polyphenols, and tocopherols. These phytochemicals have been shown to possess a range of bioactivity, including antioxidant, antiproliferative, anti-inflammatory, antiviral, and hypocholesterolemic properties. Nuts (or seeds generally) are also a significant source of nutrition for wildlife. This is particularly true in temperate climates where animals such as jays and squirrels store acorns and other nuts during the autumn to keep them from starving during the late autumn, all of winter, and early spring.

Many nuts are good sources of vitamins E and B₂ (riboflavin, an antioxidant), and are rich in protein, folate, fiber, and essential minerals such as magnesium, phosphorus, potassium, copper, and selenium. Raw or unroasted walnuts are considered the healthiest, with twice as many anti-oxidants as other nuts.

Nuts such as almonds, walnuts, pea nuts may have beneficial effects on cardiovascular risk factors. Epidemiological studies, suggested that nut eating was associated with diminished risk of coronary artery disease (CAD).

In reviewing the history, nutrient composition, and the epidemiological and clinical studies of nuts, the need to make nuts and oil-rich seeds a more important part of modern, healthy diets should become evident to the reader.

KEY WORDS: nuts, antioxidant, healthy life, vitamins

INTRODUCTION:

The health benefits of a plant-based, vegetarian-type diet, in which nuts are considered a source of high quality protein, are well recognized by a growing number of people. Notwithstanding the fact that nuts are an intrinsic part of the diets of some Mediterranean regions where both serum cholesterol levels and the incidence of heart disease are low^{1,2} in recent years consumers have felt and still feel that low-fat foods are the ultimate choice for a healthy diet, weight control and disease prevention. Based on the evidence from epidemiological and controlled clinical studies, nut consumption is not associated with higher body weight³⁻⁶. In fact, the epidemiological evidence indicates consistently that nut consumers have a lower BMI than nonconsumers. With respect to clinical studies, the evidence is nearly uniform that their inclusion in the diet

leads to little or no weight gain⁷⁻¹². Moreover, adherence to a moderate-fat, weight loss diet vs. a low-fat weight loss diet in free-living subjects is better and the nutrient profile of the moderate-fat diet is superior¹⁴. Moderate-fat diets that contain nuts elicit a more favorable lipid and lipoprotein profile after maintenance of weight loss as well¹⁵. The evidence supporting these observations is outlined below.

Data from large observational studies show that regular nut consumption is associated with a reduced risk of several conditions in which oxidative stress may play a role, including coronary heart disease,¹⁶⁻¹⁸ hypertension,¹⁹ type 2 diabetes,²⁰ inflammation and endothelial dysfunction.^{21,22}

Almonds, Brazil nuts, cashews, chestnuts, hazelnuts, macadamias, pecans, pine nuts, pistachios and

*Corresponding author: Nirmala Haligudi / J Email: nirmala@ypbba.co.in

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Active and Healthy Aging and Quality of Life: Interventions and Outlook for the Future, volume II Shekhar Chauhan, Petra Heidler, David Jean Simon, 2024-09-10 The continuous growth of older populations as a consequence of demographic changes is a huge global challenge The growing proportion of older adults not only burdens the healthcare system specifically in developing countries but also posits a challenge at the household level specifically in nuclear and one person households For societies as a whole to avoid costly and negative effects it is crucial to increase their knowledge of how to promote good health among older adults so that they can live longer and enjoy a better quality of life Active aging is the process of optimizing opportunities for health participation and security in order to enhance quality of life as people age An active and healthy life has remained one of the most important aspirations for all people both young and older adults alike This ambition has become a genuine possibility for many due to a rising life expectancy among people of diverse attributes across the world While celebrating longer life and more financial security in later life than ever before we need to challenge how these aspirations can be sustained through our own behavioral responses and through public policy institutional reforms and innovations The challenge is to identify recommend and promote strategies and interventions that stimulate and sustain the activity independence and health of people of all ages especially older adults and in the process promote the well being and quality of life of people and make public welfare systems more sustainable

Occupational Therapy Assessments for Older Adults Kevin Bortnick, 2024-06-01 The role of measurement and the benefits of outcome measures are defined as important tools used to document change in one or more constructs over time help to describe a client's condition formulate a prognosis as well as to evaluate the effects of occupational therapy intervention Occupational Therapy Assessments for Older Adults 100 Instruments for Measuring Occupational Performance presents over 100 outcome measures in the form of vignettes that encompass a brief description of each instrument a review of its psychometric properties its advantages and disadvantages administration procedures permissions to use author contact information as well as where and how to procure the instrument Occupational Therapy Assessments for Older Adults by Dr Kevin Bortnick narrows down the list of possible choices for the occupational therapy student or clinician to only those with an amount of peer review bibliographic citations as well as acceptance within the profession The text also includes research based information with text citations and has over 100 tables diagrams and figures Included in the review of each outcome measure Description A brief record of the measure Psychometrics A review of the level of research evidence that either supports or does not support the instrument including such items as inter rater intra rater and test retest reliabilities as well as internal consistencies and construct validities among others Advantages Synopsis of the benefits of using the measure over others including its unique attributes Disadvantages A summary of its faults For example the amount of research evidence may be limited or the measure may be expensive Administration Information regarding how to administer score and interpret results Permissions How and where to

procure the instrument such as websites where it may be purchased or journal articles or publications that may contain the scale Summary A brief summation of important information Occupational Therapy Assessments for Older Adults 100

Instruments for Measuring Occupational Performance encourages occupational therapy and occupational therapy assistants to expand their thinking about the use of appropriate outcome measures with older adult populations Using the appropriate outcome measure based on evidence can aid in the promotion of health well being and participation of clients **COVID-19**

Pandemic: Mental health, life habit changes and social phenomena Daria Smirnova, Konstantinos N.

Fountoulakis, Xenia Gonda, Pedro Morgado, 2023-01-19

Healthy for Life Williams, Knight, 1995-01-01

Wellbeing,

Recovery and Mental Health

Mike Slade, Lindsay Oades, Aaron Jarden, 2017-02-01 This book brings together two bodies of

knowledge wellbeing and recovery Wellbeing and positive approaches are increasingly influencing many areas of society

Recovery in mental illness has a growing empirical evidence base For the first time overlaps and cross fertilisation

opportunities between the two bodies of knowledge are identified International experts present innovations taking place

within the mental health system which include wellbeing informed new therapies e health approaches and peer led recovery

communities State of the art applications of wellbeing to the wider community are also described across education

employment parenting and city planning This book will be of interest to anyone connected with the mental health system

especially people using and working in services and clinical and administrators leaders and those interested in using

research from the mental health system in the wider community Handbook of Quality of Life in Cancer Angelos P.

Kassianos, 2022-03-25 Quality of life is an important outcome when treating a cancer patient Research is vast on the role of

quality of life on patients general wellbeing responsiveness to treatment and even mortality On the other hand there are

several methodological considerations when planning to measure and assess quality of life in cancer patients This handbook

with authorship that is diverse in terms of perspectives countries and fields aims to fill a gap in the available literature and

responds to a number of questions in its 26 chapters What is quality of life and health related quality of life and why are they

important How is quality of life assessed What are the theoretical and methodological considerations when using quality of

life outcomes in cancer research How is quality of life useful in routine clinical care How is quality of life impacting different

cancer populations in terms of site of the cancer age gender and context Handbook of Quality of Life in Cancer is a learning

and consulting tool that can be used by a diverse audience It is an essential resource for researchers who wish to use quality

of life assessment tools in clinical trials or other types of studies clinicians who want to develop their understanding of how

they can utilize quality of life and how it is important for the patients they care for and commissioners who wish to see why

quality of life may impact population health and health system costs Students in diverse fields of study medicine nursing

psychology social work medical sociology population health epidemiology and medical statistics among others also would

benefit from using the handbook for their studies and for their continuing professional development *Research Methods in*

Health: Investigating Health and Health Services Ann Bowling, 2023-03-15 An essential and comprehensive guide for students and researchers in a range of health care disciplines investigating health services health care and well being Professor Robert J Edelman Emeritus Professor of Clinical and Forensic Psychology University of Roehampton UK An invaluable resource for students researchers and practitioners from all health backgrounds and disciplines who are involved in research to produce a robust evidence base to inform the development provision delivery and evaluation of healthcare services Felicity Smith Professor Emeritus of Pharmacy Practice UCL School of Pharmacy UK The fifth edition of *Research Methods in Health* continues to provide an excellent broad based introduction to the subject Virginia Berridge Professor of History and Health Policy Centre for History in Public Health London School of Hygiene and Tropical Medicine UK This bestselling book provides an accessible introduction to the concepts and practicalities of multi disciplinary research methods in health and health services The new edition has updated and expanded coverage of International examples terms and approaches Epidemiology and methods of tracing epidemics Aging population demography and bio demography Evaluation and assessment of health services Health services research and audit including data generation Methods of evaluating patients perspectives Measuring quality of life outcomes Health economics methods and applications Quantitative and qualitative research Core processes and methodologies such as social research mixed methods literature reviewing and critical appraisal secondary data analysis and evidence based practice will be covered in detail The book also looks at the following key areas of health research Health needs Morbidity and mortality trends and rates Costing health services Sampling for survey research Cross sectional and longitudinal survey design Experimental methods and techniques of group assignment Questionnaire design Interviewing techniques Coding and analysis of quantitative data Methods and analysis of qualitative observational studies Unstructured interviewing The book is grounded in the author s career as a researcher on health and health service issues and the valuable experience this has provided in meeting the challenges of research on people and organisations in real life settings *Research Methods in Health* Fifth Edition is an essential companion for students and researchers of health and health services at all levels health clinicians and policy makers with responsibility for applying research findings and judging the soundness of research Ann Bowling is a sociologist specialising in research on ageing research methods quality of life public and social health She was Professor of Health Sciences at the University of Southampton UK 2012 17 where she is now Visiting Professor Ann was awarded the Highly Commended book prize for the 4th edition of *Research Methods in Health* at the 2015 BMA Medical Book Awards

Narcolepsy Meeta Goswami, S. R. Pandi-Perumal, Michael J. Thorpy, 2009-11-11 *Narcolepsy* serves as a prototype of how the interaction of high quality clinical research and groundbreaking basic science can collaborate to define the cause of a disease and change forever how we evaluate and treat it There is scarcely a topic in this book that would have been covered in the same way 10 years ago as it is discussed today We are also fortunate that many of the players in this dramatic tale around have contributed to this volume so

that the result is a tapestry of the events that have transformed the field over the last decade that is both authentic and detailed. The first section of the book provides much of the basic science background. As described in the first two chapters, the dramatic convergence of lines of evidence from two different laboratories first demonstrated in 1999 that narcolepsy is a disease of loss of neurotransmission by lateral hypothalamic neurons making the peptides that have been called orexins or hypocretins. These findings did much to clarify and unify a field that had puzzled for decades over the fundamental nature of this puzzling disease as reflected in the chapters that review its epidemiology and neuroanatomical and imaging findings.

Living a Healthy Life with HIV Allison Webel, Kate Lorig, Diana Laurent, Virginia González, Allen L. Gifford, David Sobel, Marian Minor, 2015-12-03. Completely updated to the current care guidelines from the Centers for Disease Control and elsewhere, this book addresses the current emphasis on managing medications for HIV treatment and many of the illnesses that commonly occur along with HIV. Combining the latest medical advice with the ideas of hundreds of people living with HIV/AIDS, the book is helpful for adults living with HIV and for friends, family members, and others who support anyone struggling with HIV/AIDS. New additions to this edition include topics such as aging with HIV and coping with the emotions brought about by being a long-term survivor.

Living a Healthy Life with Chronic Pain Sandra M. LeFort, Lisa Webster, Kate Lorig, Halsted Holman, David Sobel, Diana Laurent, Virginia Gonzalez, 2015-05-01. Chronic pain includes many types of conditions from a variety of causes. This book is designed to help those suffering from chronic pain learn to better manage pain so they can get on with living a satisfying, fulfilling life. This resource stresses four concepts: each person with chronic pain is unique and there is no one treatment or approach that is right for everybody; there are many things people with chronic pain can do to feel better and become more active and involved in life with knowledge and experimentation; each individual is the best judge of which self-management tools and techniques are best for him or her; and the responsibility for managing chronic pain on a daily basis rests with the individual and no one else. Acknowledging that overcoming chronic pain is a daily challenge, this workbook provides readers with the tools to overcome that test. A Moving Easy Program CD which offers a set of easy-to-follow exercises that can be performed at home is also included.

Discrimination Against Minorities and Women in Pensions and Health, Life, and Disability Insurance: Exhibits, 1978 *Summary*

Measures of Population Health, 2003 **Happy and Healthy Life** Brigadier P.D. Tewari, 2017-08-14. Good health is a virtue; happiness is bliss. Every person wants to live happily and lead a healthy life, but only a few people put in efforts to achieve that. Blessed ones appreciate the importance of a Happy and Healthy Life. This book has comprehensive practical guidelines to stay happy and healthy: positive thinking, healthy way of living, meditation, spiritualization, prayers, and quality life. It is essential to kill the inner enemy of negativity such as nervousness, anger, fear, worry, and ego. Awakening of hidden powers such as willpower, wisdom, power, intuitive power, and inner peace is of great significance to achieve success and happiness. After reading this book, a person can elevate himself or herself to a higher level of growth to achieve a blissful state. Let us

contribute for each other's happiness to make this world a heaven *Living a Healthy Life with Chronic Pain* David Sobel, Virginia González, Sandra LeFort, Kate Lorig, Francis Keefe, Marian Minor, Diana Laurent, Maureen

Gecht-Silver, 2021-09-07 *Living a Healthy Life with Chronic Pain* has helped over 90 000 individuals manage their pain and strive to live satisfying fulfilling lives In the new second edition the authors have carefully developed and improved every chapter Packed with useful advice tips strategies and positive reinforcement the book empowers readers to become their own informed pain self managers Each person with chronic pain is unique and the goal of this book is to help each person manage their lives in the way that works best for them The new edition includes An updated and scientifically sound discussion of pain in Chapter 1 that gives readers the information they need to best manage their personal pain An updated resources chapter with a useful emphasis on how to find and judge online resources New more in depth coverage of mental health issues related to pain including depression anger fear guilt stress and memory problems An all new chapter Organizing and Pacing Your Life for Pain Self Management and Safety that includes thorough well illustrated information on using assistive technology Completely rewritten exercise chapters with clearer illustrations to help readers build their own exercise program step by step This chapter also discusses taking advantage of exercise opportunities in the community An updated communication chapter to assist readers as they navigate through the health care system featuring helpful tips on remote communication as well as in person visits Another all new chapter Managing Pain During Employment and Unemployment sensitively addresses the issues connected with experiencing pain in the workplace Two completely updated chapters on weight management and nutrition that discuss the relationship between pain and nutrition and reflect current government standards and the most recent research The Moving Easy Program audio is included with the book on CD or to stream online **Timeless Beauty: Anti-Aging for a Healthy Life** Shu Chen Hou, Unlock the Secret to Ageless Beauty Are you ready to turn back the hands of time and unveil a more youthful vibrant you Discover the keys to Timeless Beauty Anti Aging for a Healthy Life your definitive guide to a healthier more youthful existence Reclaim Your Youth Delve into the science behind aging and uncover the secrets to slowing down the clock From nutrition and fitness to stress management and advanced skincare this book is your roadmap to lasting vitality Empower Your Health Learn how to create a holistic anti aging lifestyle that suits you Harness the power of cutting edge treatments natural remedies and the wisdom of centenarians from around the world Beauty That Lasts Explore the latest skincare innovations and beauty routines that will leave your skin glowing and your confidence soaring Discover the confidence that comes with a radiant age defying appearance Future Proof Your Life Stay ahead of the curve with insights into emerging anti aging technologies and trends Be at the forefront of a revolution in longevity and well being Your journey to timeless beauty starts now With Timeless Beauty Anti Aging for a Healthy Life you'll not only look your best but also feel your best Join countless others who have unlocked the secrets to a healthier more youthful life Get your copy today and embrace the ageless beauty within you *Discrimination Against*

Minorities and Women in Pensions and Health, Life, and Disability Insurance: Proceedings and papers, 1978 [How to Live a Healthy Life](#) Jan de Vries, 2011-06-10 How to Live a Healthy Life is an indispensable handbook which outlines the approach to health of one of the world's foremost homoeopaths Jan de Vries It gives sensible and easy to follow advice on a huge number of subjects ranging from maintaining a healthy liver and building strong bones to how to follow a well balanced and nutritious diet and cope with stress [Healthy Woman, Healthy Life](#) Gary Null, 2016-12-27 In Healthy Woman Healthy Life Gary Null updates and expands the topic of the first edition to feature the latest clinical experience and published research on issues important to women of all ages The revised edition contains nearly sixty chapters covering the foundations of women's holistic health specific health concerns and alternative health solutions Topics range from diet physical fitness and home detoxification to adolescent health heart disease and menopause In addition there are recipes for simple healthy meals and a guide providing contact information for the health practitioners profiled throughout the book Among the new and or significantly updated chapters are those exploring natural hormone replacement therapy the roles of stress and depression memory loss Alzheimer's Disease Parkinson's Disease aging hair skin weight energy pain and vision Also included are new wellness protocols for brain health cancer allergies and diabetes as well as new testimonials from patients who have benefited from various naturopathic treatments under the guidance of their physicians **Living a Healthy Life with Chronic Conditions** Kate Lorig, DrPH, Diana Laurent, MPH, Virginia Gonzalez, MPH, David Sobel, MD, MPH, Marion Minor, PT, PhD, Maureen Gecht-Silver OTD, MPH, 2020-01-06 Nobody wants to have a chronic long term illness Unfortunately most of us will experience at least one of these conditions during our lives The goal of this book is to help people with chronic illness explore healthy ways to live with physical or mental conditions A healthy way to live with a chronic illness is to seek soundness of body and mind and work to overcome physical and emotional issues The challenge is to learn how to function at your best regardless of the difficulties living with a chronic condition can present The goal is to achieve the things you want to do and to get pleasure from life That is what this book is all about By showing readers how to become active self managers through problem solving goal setting and action planning while also presenting the basics of healthy eating exercise relaxation and emotional empowerment Living a Healthy Life with Chronic Conditions offers readers a unique and exciting opportunity the chance to take back one's life and enjoy it to the fullest extent possible while living with chronic illness Originally based on a five year study this completely revised 5th edition has grown to include the feedback of medical professionals and people with chronic conditions all over the world *Concise Encyclopedia of Biostatistics for Medical Professionals* Abhaya Indrayan, Martin P. Holt, 2016-11-25 Concise Encyclopedia of Biostatistics for Medical Professionals focuses on conceptual knowledge and practical advice rather than mathematical details enhancing its usefulness as a reference for medical professionals The book defines and describes nearly 1000 commonly and not so commonly used biostatistical terms and methods arranged in alphabetical order These range from simple terms such as mean and median to

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