**You’ve Been Throwing Away Avocado Seeds Because You Didn’t Know That They Fight Cancer And Regulate Thyroid Disorder!**

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Avocados are the favorite fruits of numerous people, but many fail to use all their benefits, as the healthiest parts of them are actually their seeds.

Apparently, these seeds have the highest antioxidant levels than most other fruits and vegetables. Namely, even 70% of all antioxidants in avocados are concentrated in the seeds.

Avocados are abundant in healthy monosaturated fats which support heart health, and the seeds are rich in amino acids which help you prevent heart attacks and strokes.

Avocado seeds also reduce cholesterol levels, soothe inflammation, and ease swellings in the gastrointestinal tract.

The consumption of the seeds also strengthens the immune system. Avocados are rich in flavonol which prevents common colds and flu. The high levels of catechins and procyanidins, which are powerful anti-inflammatories, treat swellings, soothe joint pain, and reduce stiffness.

Moreover, these seeds have potent anti-cancer properties.  The peer-reviewed journal Cancer Research published a study which showed that the avocado seed extract contains a compound known as avocatin B, which prevents acute myeloid leukemia cells.

Furthermore, avocado seeds are beneficial if you like to lose extra weight.

These seeds offer numerous other health benefits, as they:

* Prevent epilepsy
* Regulate thyroid disorder
* Support the formation of collagen
* Treating diarrhea
* Treat fatigue
* Cure blemishes
* Relax the muscles if applied topically
* Prevent tumor growth.

The avocado seeds can strengthen your overall health in multiple ways. Even though you might think that their consumption is impossible, this is how you can prepare them in order to enjoy all their healthy properties!

Sources:
[healinglifeisnatural.com](http://healinglifeisnatural.com/youve-been-throwing-away-your-avocado-seeds-because-no-one-told-you-they-fight-cancer/)[www.doctorshealthpress.com](http://www.doctorshealthpress.com/food-and-nutrition-articles/health-benefits-of-eating-avocado-seeds)[www.organicandhealthy.org](http://www.organicandhealthy.org/2017/01/youve-been-throwing-away-your-avocado.html)