



Taken from: www.organicfacts.net/health-benefits/almond-milk.html

The health benefits of almond milk include the improvement of vision, weight loss, stronger bones and a strong, healthy heart. It helps in building strong muscles, maintaining ideal blood pressure and maintaining a properly-functioning kidney. It is also a good alternative for nursing mothers' milk.

Most people are used to the easily accessible dairy milk. Though not very common, almond milk has been used for years as a substitute for cows' milk that is readily available and relatively easy to get. Dairy milk is known for its high content of various vitamins and minerals but almonds have been proven to contain extra nutrients. This is why almond milk is recommended as a good option for those who do not consume any form of dairy products, those who have cow milk allergy/intolerance (CMA/CMI) or those people who are vegetarians.

Almond milk prepared from almonds is low in fat, but high in energy, proteins, lipids and fiber. It contains vitamins like calcium, iron, magnesium, phosphorus, potassium, sodium, and zinc. The other nutrients available in this milk include vitamins such as vitamin C, B-6, thiamine, riboflavin, niacin, folate and vitamin E. All these nutrients have various benefits which are essential for a healthy body.

Health Benefits

Blood Pressure:

Consumption of almond milk help in reducing and maintaining blood pressure. Almond milk is the best alternative to people who have intolerance to soy and dairy products. This is because all of the same minerals and vitamins can be found in almond milk, where they exist in plentiful amounts. The movement of blood in the body takes place



Healthy Foods

Health Benefits: Almond Milk

through the veins. In order for them to function properly, they need to be able to contract and expand freely to allow for the free flow of blood to and from different parts of the body. They depend on vitamin D and other minerals such as phosphorous to keep them in the right condition. Blockage and poor movement within the veins may result in high blood pressure, which can be a life threatening medical condition. These nutrients may be insufficient in those people who do not consume soy or dairy products, so almond milk can be a way to supplement those lacking nutrients and keep your heart healthy.

Strong and Healthy Heart:

The complete lack of cholesterol in almond milk makes it a powerful enabler of a strong and healthy heart. Research studies suggest that consumption of almonds may help in reducing the risk of coronary heart disease. It is far better than other foods that add to bad cholesterol levels, which is the culprit behind many heart ailments and other cardiovascular ailments. Consuming almond milk guarantees the presence of potassium in the body which is a key element that acts as a vasodilator and reduces tension and strain on the heart.

Strong Muscles:

Building muscles is a process that can be accelerated by consuming the right types of foods, specifically those which contain vitamins and minerals that have a direct impact on muscle mass. Almond milk, for example, contains riboflavin, which is a form of vitamin B that has been proven to work in conjunction with other nutrients like iron to regulate muscle strength and growth. It is also a good source of protein, which is present in the muscles, skin and various other organs and which helps the body to maintain and repair itself.

Kidney Health:

There are minerals such as calcium and potassium that can be harmful to the kidneys if they are in extreme excess in the body. Almond milk contains a limited amount of phosphorous and potassium, which is not the case with dairy and soy products. It is advisable that people suffering from chronic or acute kidney conditions should strive to reduce the intake of foods that contain these minerals in such high amounts. Almond milk can serve the same general purposes of milk while also being beneficial for those people that are trying to reduce the presence of potassium in their bodies. It is also ideal for those experiencing allergic reactions when they consume dairy or soy products.

Healthy Skin:

Skin relies on different types of vitamins and minerals to keep it in its optimal state. Consumption of almond milk, which contains plenty of vitamin E, helps in maintaining skin health. Apart from the vitamins, it also has antioxidants which assist in repairing damaged skin, as well as regulating vitamin A. These vitamins are available in both the almond milk that is processed at home as well as that which is processed and sold commercially. It can also be used as a skin cleansing lotion. For the best results, add rosewater to almond milk to cleanse the skin.



Improved Vision:

Almond milk is rich in various vitamins, including vitamin A, which is essential for proper functioning of the eyes. The use of computers, smart phones, and tablets is common in most offices and homes in our modern age. Constant use of these devices can affect the vision of the user to a certain extent. This condition can be treated naturally by increasing the intake of vitamin A that you can access in almond milk.

Strong Bones:

Almond milk contains calcium, which is required for maintaining and forming teeth and healthy bones. Calcium is required for blood clotting, relaxing muscles, and maintaining a normal heart beat. Inclusion of almond milk in the diet supplies calcium to the body and benefits the healthy bone growth of adults as well as infants. It also helps in reducing the risk of osteoporosis. One serving of almond milk contains 30% of the daily requirement of calcium, which functions together with other vitamins such as vitamin D to make sure our bones last well into our old age.

Anti-Cancer Properties:

Research studies suggest that the intake of almond milk suppresses the growth of LNCaP prostate cancer cells which are stimulated by consuming cows' milk. However, be sure to consult your health specialist before relying on alternative treatments for your specific cancer.

Immunity System:

Almond milk has various nutrients and minerals which help in maintaining a healthy immune system. The immune system protects our body from germs and microorganisms that may cause health issues and are harmful to the body. A person with a poor immune system is susceptible to health issues and diseases. Intake of almond milk may help in keeping the body's primary line of defense healthy and strong.

Substitute for Breast Milk:

Almond milk contains vitamins and minerals that are similar to those found in a mothers' breast milk. This is because it contains a considerable amount of vitamin C and D, as well as iron, which are all very important for the growth and wellbeing of infants. It is also rich in protein, making it a perfect substitute food, just like other healthy foods like rice and soy milk.