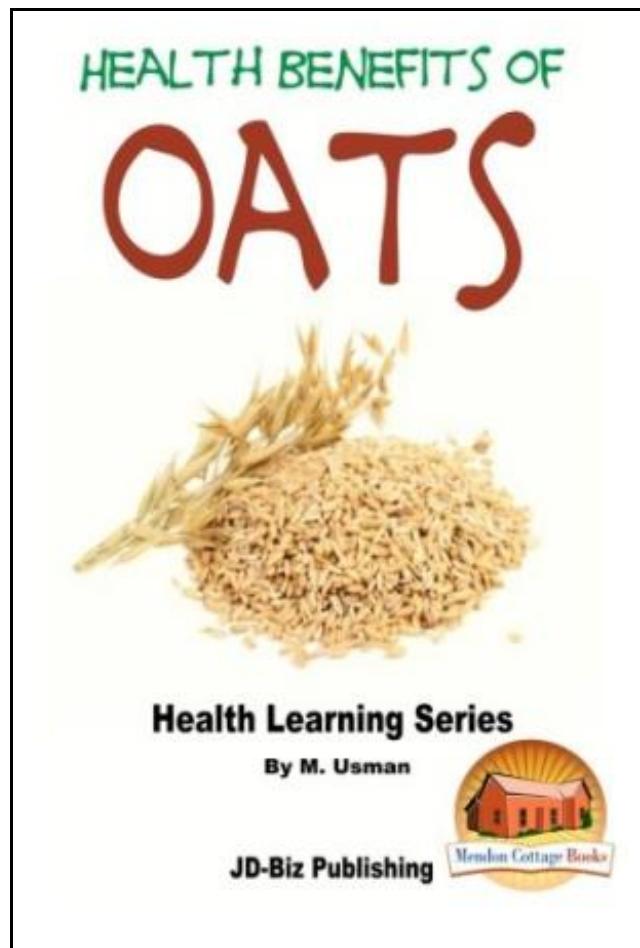


Health Benefits of Oats (Paperback)



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Reviews

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Health Benefits of Oats Table of Contents Getting Started Chapter # 1: Intro Chapter # 2: Nutritional Worth Chapter # 3: Types of Oats Chapter # 4: Selection Storage Chapter # 5: Are Oats Gluten-Free? Health Benefits of Oats Chapter # 1: Lowers Cholesterol Levels Chapter # 2: Enhances Overall Cardiovascular Health Chapter # 3: Lowers Type-II Diabetes Risk Chapter # 4: Inhibits Cancer Chapter # 5: Combats Childhood Asthma Conclusion References Author Bio Getting Started Chapter # 1: Intro Since the season of scientific researches in the 20th Century, the popularity of oats has been on the rise and they are gaining ever increasing respect in the scientific community as a nutritious diet. Oats are steadily but surely gaining over the breakfast market and each day a great number of people make the switch in search of the perfect breakfast. No doubt, all those cereal commercials hailing oats have a major hand in making people switch to oats too, but if it weren't for its mammoth-like health benefits, oats would never have had a chance to remain in the market. But before diving straight into the specifics and health benefits of oats it would better to give a basic overview of oats and explain how they became one of the greatest grains on the planet. The infamous oat, known in the scientific world as Avena Sativa, is a grain obtained from a cereal plant, grown for its seeds. The seeds interestingly are also known as oats and are the part of the plant that is mainly consumed; like many other grains, oats grow on stalks with their kernels distributed along a partial tree-like...

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