

PUMPKIN SEEDS

BENEFITS

- Boost immunity
- Helps in weight loss
- Regulates Sleep Cycle
- Healthy heart
- Thicker hair growth

USES

Make healthy energy balls with dates, oats, nuts and pumpkin seeds



SUNFLOWER SEEDS

BENEFITS

- Healthy skin
- Aids healthy digestion
- Supports weight loss
- Prevents hair fall

USES

Blend roasted sunflower seeds until it forms into a butter and use it on your toast or pancakes.



CHIA SEEDS

BENEFITS

- High in antioxidants
- Rich in omega-3 fatty acids
- Strengthen bones
- Boosts dental health
- Improves heart health

USES

Make chia seeds pudding with vegan milk and chia seeds.



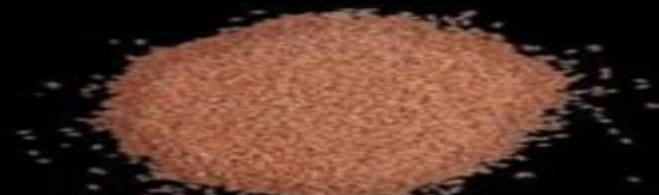
ALIV SEEDS

BENEFITS

- Rich in iron
- Stop hair fall
- Regulates Menstruation
- Healthy digestion
- Boosts Memory

USES

Soak the aliv seeds in water and drink it in the morning.



FLAX SEEDS

BENEFITS

- Omega-3 fatty acids
- Aids in digestion
- Prevents hair fall
- Strengthens Muscles
- Healthy heart
- Improve memory

USES

Mix flaxseed with water to make an egg substitute. You can use the flax egg to replace egg in your recipes.



WATERMELON SEEDS

BENEFITS

- Improves skin health
- Stronger hair
- Improves heart health
- Boosts energy levels

USES

Snack on some roasted watermelon seeds or sprinkle them on your yogurt or cereal.



Seeds And Their Uses

BM King



Seeds And Their Uses:

Seeds And Their Uses Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Seeds And Their Uses**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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