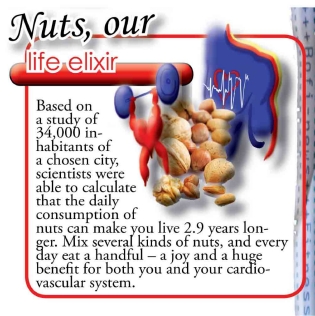


Nuts, our life elixir

Written by

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Nuts, our life elixir

Based on a study of 34,000 inhabitants of a chosen city, scientists were able to conclude that the daily consumption of nuts can make you live 2.9 years longer. Mix several kinds of nuts, and every day eat a handful – a joy and a huge benefit for both you and your cardio-vascular system.

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