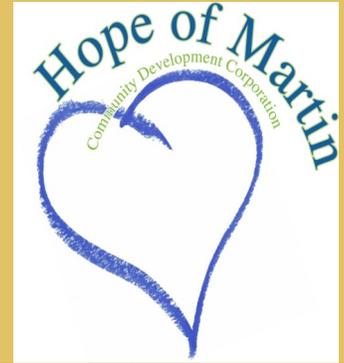


**Office Hours—Monday–Friday
8:00AM–2:00PM**

**Union City emergency number
731-446-9618**

**Martin emergency number 731-
588-5561**



The Superfood of the Century

Want a simple way to live longer? Eating nuts may be the answer. A recent study followed 119,000 men and women for 30 years. The researchers found that those who ate walnuts, peanuts, almonds and/or other nuts seven or more times a week were 20% less likely to die from any cause during the study period than those who did not eat nuts.

Overall, nut eaters tend to be slimmer and have better cholesterol levels, less arterial inflammation and better blood sugar levels than people who do not eat nuts.

If you are one of the millions of Americans who takes medication to reduce cholesterol, you might want to add almonds to the mix. One three-month study tested 27 men and women with high cholesterol. People who ate about a handful of almonds a day lowered their “bad” LDL cholesterol by an average of 4.4%. Those who ate two handfuls lowered it by 9.4%.

Brazil nuts are higher in selenium than just about any other food. Selenium is an antioxidant that reduces cholesterol and decreases the risk for blood clots and heart attacks. Brazil nuts are higher in fat than many other nuts, but they aren’t the fat bombs most people imagine. When you eat Brazil nuts, filberts or other hard nuts, the cell walls aren’t completely broken down during digestion. You will absorb less fat than you would with softer nuts, such as macadamias.

Cashews nuts are one of the lowest fat nuts at 13 grams of fat per ounce, with the majority of fats being good for the heart. Cashews also are good for your weight. When you eat a handful of cashews, the body releases a hormone that increases feeling of fullness.

Peanuts technically are a legume, but they act like nuts. They reduce the risk of dying from cancer, heart disease and other conditions. The Harvard Nurses’ Health Study found that people who regularly ate peanut butter, peanuts or other nuts were less likely to develop diabetes.

One study found that antioxidants—including the vitamin E in pecans and other nuts helped slow the progression of macular degeneration by about 25%. Researchers found that pecans are at the top of the nut pack for antioxidants.

Sugar Coated Pecans

1 egg white
1 Tablespoon water
1 pound pecan halves

1 Cup white sugar
3/4 Teaspoon salt
1/2 Teaspoon ground cinnamon

Recipe continued on back

HOPE OF MARTIN

PO BOX 354

327 N. McCombs Street

Martin, Tennessee

38237

SUGAR COATED PECANS CONTINUED

Directions:

Preheat oven to 250 degrees. Grease a baking sheet. In a mixing bowl, whip together the egg white and water until frothy. In a separate bowl, mix together sugar, salt and cinnamon. Add pecans to egg whites, stir to coat the nuts evenly. Remove the nuts and toss them in the sugar mixture until coated. Spread the nuts out on the prepared baking sheet. Bake at 250 degrees for 1 hour. Stir every 15 minutes.

During the quarterly spraying for pest control it has been very hard to spray around the walls because of lots of clutter. In order to keep the spiders and bugs from taking over your apartment, please keep your apartment clutter and trash free.