



# 10 Reasons to Love Oats

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## Digestion

Oats may help combat heartburn, gastritis, ulcers, constipation, diarrhea, gas, stomach aches, and support the liver.

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## Heart

Oats have been shown to lower stress, detoxify the blood, and help prevent heart attacks. Oats contain beta glucan, fibers that decrease the levels of saturated fats in the blood and have significant benefits for heart disease.

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## Cholesterol

Oats act as a sponge, trapping LDL or 'bad' cholesterol when it passes through the digestive tract and removing it from the system, while the HDL or 'good' cholesterol is left intact.

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## Blood

Oats may reduce blood sugar levels. For people with diabetes, oatmeal is great as it does not cause spikes in blood sugar, and it improves glucose regulation and insulin.

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## Nervous system

Vitamin B1 contained in oats can help calm anxiety, depression and other nervous diseases. They have been known to reduce insomnia, even in young children, and promote mental performance.

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## Weight loss

Due to their high water and soluble fiber content, oats are a desired food source as they help slow digestion, increase satiety, and suppress appetite. Oat components such as complex carbohydrates can help maintain weight and provide energy.

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## Mothers and mothers-to-be

Oats are high in iron, fiber, magnesium and zinc which can contribute to the development of the fetus and stimulate the formation of breast milk.

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## Skin

Oats oils have moisturizing properties, which makes it ideal to exfoliate the skin without drying it. Oats contain saponins that acts as a skin cleanser, while its antioxidants are great for combating the damage caused by pollution and UV rays. Oats are a home remedy for irritated skins or skin prone to acne, eczema, and helping to decrease inflammation while absorbing the excess of oil in the skin.

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## Diabetic diets

Oats contain beta-glucan fibers, which help prevent sharp rises in blood sugar and insulin levels after eating a meal. In addition, oats may benefit gut health.

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## Sleep

It's been long believed that oatmeal at night can help you sleep better. Oats are rich in vitamin B6, an antistress vitamin, magnesium and melatonin—all beneficial to help assist in sleep.