



I would like to share with you a little information about a symbol of our Web-site - **Sunflower** and its seeds of course.

Ancient Inca were the first ones to grow sunflowers, and considered their blossom cluster as a symbol of the sun-god. Vincent van Gogh personified these flowers as a connection to the Sun and his fortunate period of life. Seven canvases, sculpted by dabs, with heavy blossom clusters that are flexibly turning after the sun, became the symbol of this great artist.

Truly the sunflower fully reflects the sun, absorbs more solar energy than any other flower, and also produces more seeds. Consumption of fried seeds is like a meditation, because you totally concentrate on the process, and actually consume powerful packed solar energy with them.

Sunflower seeds are very healthy for the people of all ages. It has been scientifically confirmed that these seeds prolong life span, and maintain vitality. They contain a full complex of essential micro elements: potassium, zinc, calcium, iodine, iron, magnesium, polyunsaturated fatty acids and amino acids, including methionine, which takes active part in lipometabolism. By the way there is more methionine in sunflower seeds than in peanuts, Circassian walnuts and hazelnuts.

Seeds of the “flower of the Sun” are also rich with vitamins, including vitamin E, which is related to antioxidants and assists in strengthening of mucous membranes, and cutaneous covering. Vitamin E prevents fatigue and detains the development of atherosclerosis, and is very helpful for reproductive organs also. Vitamin E is more useful for people who experience problems with their thyroid gland.

## Few words about sunflower seeds

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Besides that polyunsaturated fatty acids that are contained in sunflower oil help to reduce the level of cholesterol in blood, but it is not recommended to consume large amount of sunflower seeds if you experience obesity problems.

Magnesium is vitally important for cardiac muscle, I'm not talking about the power of iodine and calcium. I'm sure you've heard a lot about them.

To fulfill the organism with the needed amount of vitamins and other nutrients it is recommended to consume 50 grams or 2 ounces of sunflower seeds on a daily basis.

I hope there is enough information for you today about sunflower and its seeds, and by the way you are now more aware of the symbol of our **PositiveOnly.Information** Portal and Community.

I wish you perfect health, happiest attitude and infinite luck! Go and get yourself some sunflower seeds... ;)