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Health Benefits of Oats

By M Usman, Managing Director John Davidson

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Chapter # 1: Intro Since the season of scientific researches in

the 20th Century, the popularity of oats has been on the rise

and they are gaining ever increasing respect in the scientific

community as a nutritious diet. Oats are steadily but surely

gaining over the breakfast market and each day a great

number of people make the switch in search of the perfect

breakfast. No doubt, all those cereal commercials hailing oats

have a major hand in making people switch to oats too, but if

it weren t for its mammoth-like health benefits, oats would

never have had...



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