

SEKIRO™

SHADOWS DIE TWICE

Rage 2

Devil May Cry 5

Tom Clancy's The Division 2

Days Gone

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Devil May Cry 5

Tom Clancy's The Division 2

Days Gone

MECEDES

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2019

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12 HEALTH BENEFITS OF AVOCADOS

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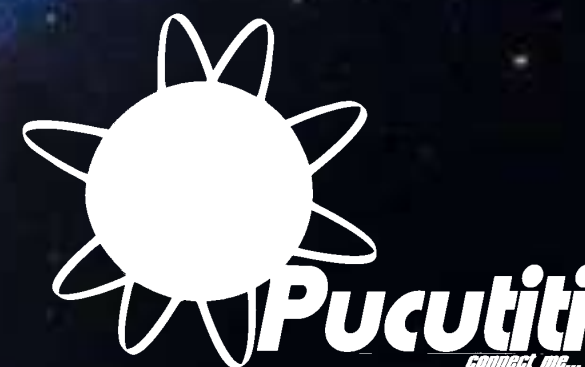
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GAMES

Rage 2

(stylized as RAGE 2) is an upcoming first-person shooter video game developed by Avalanche Studios in conjunction with id Software and published by Bethesda Softworks. The game is the sequel to the 2011 game *Rage*. The game is set to be released for Microsoft Windows, PlayStation 4 and Xbox One on May 14, 2019.

Gameplay

The game is a first-person shooter. Players assume control of ranger Walker, who is free to explore the game's post-apocalyptic open world. Players are given control over some of Walker's attributes, such as their gender, skills, or attire. Walker is able to wield various firearms and tools to fight against enemies, including returning weapons such as the wingstick. Players can further develop Walker's skills with Nanotrite based powers and as soon as enough energy is collected, activate a mode called Overdrive. As a result, Walker's guns do more damage, enemies drop more energy and he gets healed constantly - providing players with an aggressive way to mow down enemies. Nanotrites from the first game, which act as special powers and ability boosts, can also be used to increase combat efficiency. The game also features vehicular combat, including trucks, buggies and gyrocopters, with the player being able to drive any vehicle in the game's world.

Premise

In the game, players assume control of the last ranger, Walker, who must survive in a world inhabited by dangerous mutants after it was hit by an asteroid. The majority of mankind died, with only a dreary wasteland left behind. While new settlements and factions emerged, in all this misery, a group called the Authority declared themselves as the new military power. On a hunt for the precious nano technology in order to consolidate their dictatorship, Walker, therefore, makes an ideal target. The game will take place 30 years after the original game, and feature a cast of both new and existing characters.

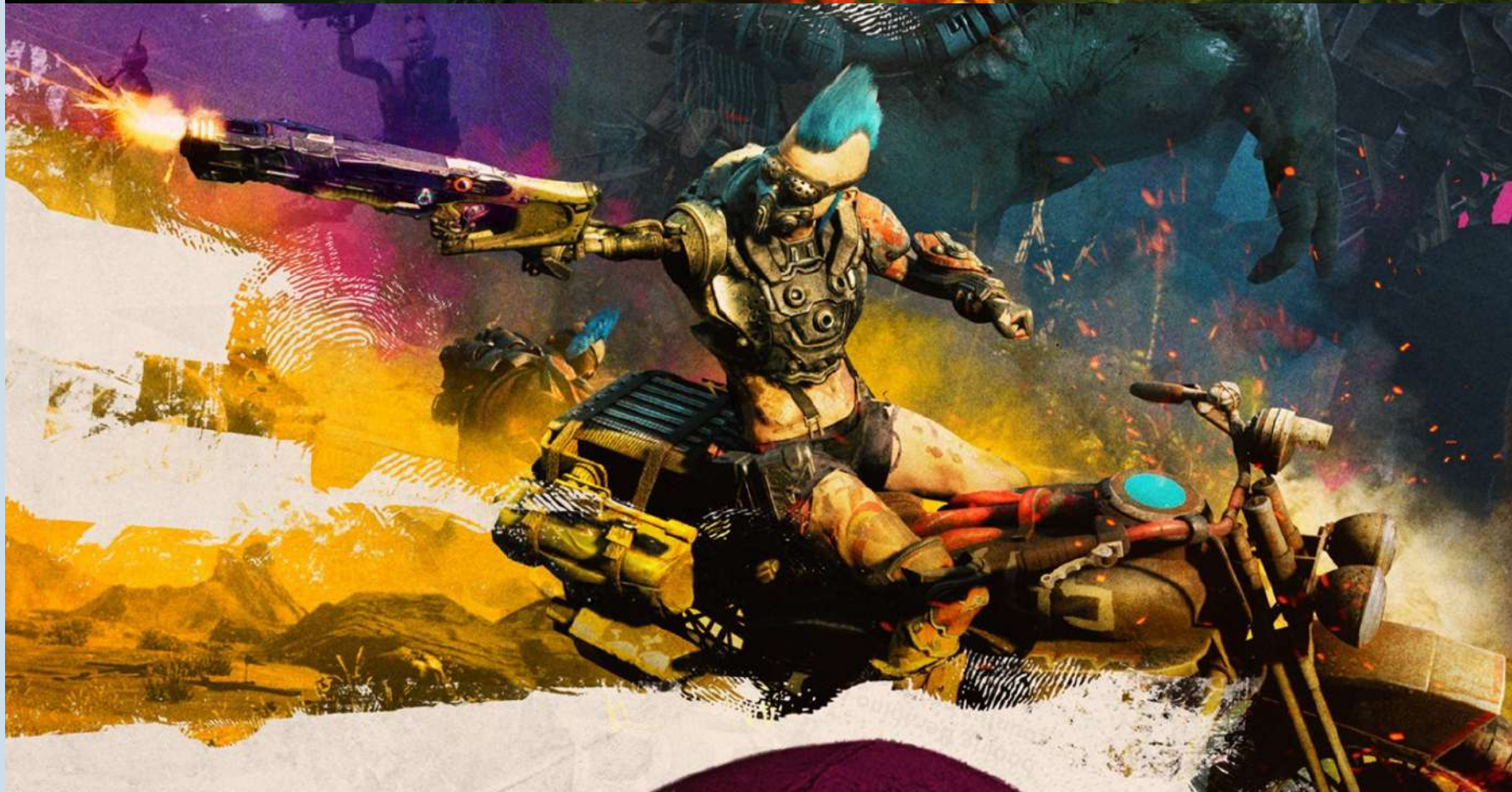


Development

The game is a joint development between id Software and Avalanche Studios. Avalanche was selected as the collaboration partner for the project as id Software was impressed by Avalanche's work on Just Cause 3, especially its physics-based emergent gameplay. According to Tim Willits, the team hoped that the sequel could deliver on the promise made by the first game, which was limited by technology during its time of release. Willits added that Rage 2 was designed to be the player's "power fantasy", thus they ensured that they will not feel underpowered at the beginning of the game. The game features a colorful color palette so as to distinguish itself from other id Software's games. Rage 2 utilizes Avalanche Studios' Apex game engine instead of id Tech. The Apex engine allowed the team to create detailed indoor environments as well as broad outdoor locations, also allowing players to transition between these worlds without any loading screens.

A sequel to Rage was hinted by Bethesda's Pete Hines, who believed that both Rage and The Evil Within had sold enough to warrant sequels. In mid-May 2018, rumors of the sequel were fueled when Walmart Canada's website updated its video game sections with several as-yet-unannounced titles, which included Rage 2. Bethesda poked fun at Walmart over social media in the following days, but this turned into more direct hints of the sequel's existence. Bethesda formally revealed Rage 2 on May 14, 2018 with a teaser trailer and a gameplay trailer the next day. The game is expected to be released on Microsoft Windows, PlayStation 4 and Xbox One in the second quarter of 2019. The game's Collector Edition, which includes a severed mutant head voiced by Andrew W.K., is set to be released alongside the standard edition. Players who preorder the game will have access to an exclusive mission and additional gameplay items. Willits revealed that the game will be a game as a service, and he promised that loot boxes would not be present in the game.





GAME STATS

Developer(s): Avalanche Studios

Publisher(s): Bethesda Softworks

Director(s): Magnus Nedfors

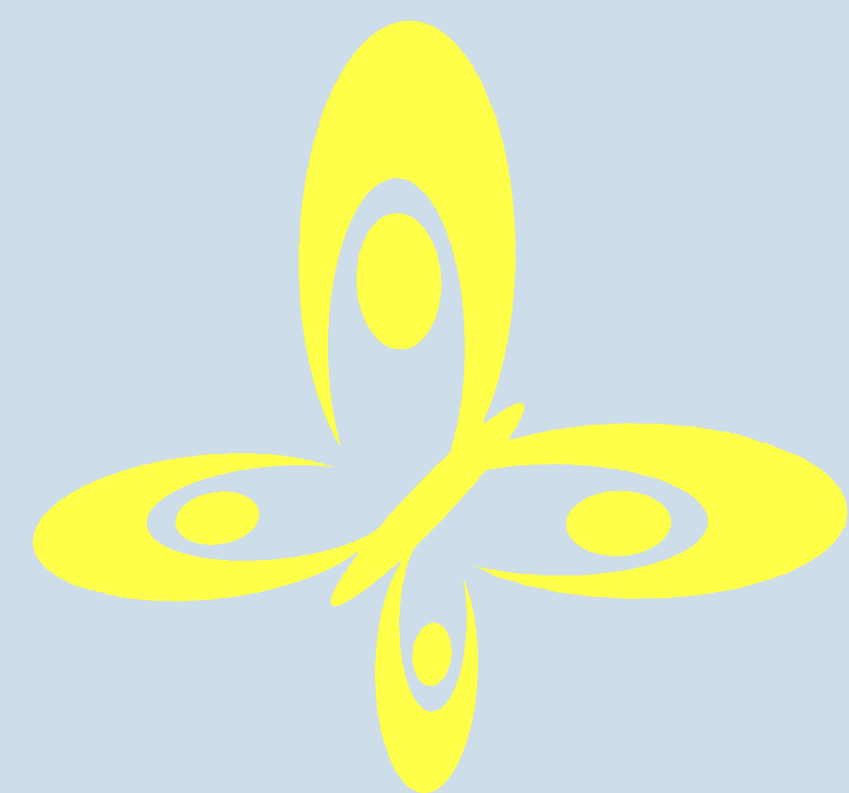
Artist(s): Jeremy Miller

Platform(s): Microsoft Windows,
PlayStation 4, Xbox One

Release: May 14, 2019

Genre(s): First-person shooter

Mode(s): Single-player



Devil May Cry 5

Gameplay

The gameplay features the return of Dante and Nero as playable characters, along with a new character, named "V". The gameplay is similar to the other titles in the Devil May Cry series, focusing on fast-paced "stylish action". The player fights off hordes of demons with a variety of attacks and weapons and receives a style-rating in combat based on a number of factors, such as move variety, the length of a combo and dodging attacks. The music in the game changes based on the player's performance in combat.

Nero is equipped with his Red Queen sword, his Blue Rose double-barreled revolver, and an assortment of new robotic arms called Devil Breakers, with a variety of functions such as grabbing enemies from a distance or stopping time to freeze an enemy in place. Along with his signature blade Rebellion and the demonic sword Sparda, Dante was shown using two new Devil Arms, a pair of buzzsaw-like weapons that combine into a motorcycle called Cavaliere, and a set of fiery gauntlets and boots called Balrog. In addition, Dante also wields a stronger version of the Cerberus nunchaku introduced in Devil May Cry 3. He also wears the Dr. Faust, a hat that requires red orbs to attack and it is a risk-award weapon depending on the player's actions. Both Kalina Ann from Devil May Cry 3 and Kalina Ann 2 also can be used by Dante. The third playable character, V, who wields a book and a silver cane, uses three demons based on enemies from the first game to fight which includes Griffon, an eagle that uses ranged lightning based attacks, Shadow, a panther that forms blades, spikes and portals out of its body, and Nightmare, a large golem which V enters a Devil Trigger-like state, which turns his hair white, to summon, which uses a combination of melee attacks and laser beams. Once the enemy turns light purple, V uses his cane to finish the battle.

Devil May Cry 5 is an action-adventure hack and slash video game developed and published by Capcom. It is the sixth installment in the franchise and the fifth installment of the mainline Devil May Cry series, and was released for Microsoft Windows, PlayStation 4, and Xbox One on March 8, 2019. The game takes place five years after Devil May Cry 4 and follows Dante, Nero and a new protagonist named V as they attempt to stop the demon Urizen and Dante's brother Vergil. Devil May Cry 5 received a positive reception from critics.

Plot

Devil May Cry series chronology

Devil May Cry 3

Devil May Cry: The Animated Series

Devil May Cry 2

Devil May Cry 4

Devil May Cry 5

Five years after the events of Devil May Cry 4, Nero has set up his own demon hunting agency based out of a van adorned with a neon "Devil May Cry" sign Dante gave him with support from Kyrie and his engineer, Nico. On April 30, Nero encounters a dying demon who rips off his Devil Bringer arm and uses the Devil Arm Yamato to open a portal to escape in. A few days later, a man known as "V" comes to the Devil May Cry office to hire Dante, Lady, and Trish to kill a certain returning demon. The group arrive in Red Grave City on May 16, crossing paths with Nero as they share the same target: A demon named Urizen who has planted a demonic tree called Qliphoth in the city, which is killing people for their blood. The assembled group attempt to attack Urizen together, but the demon overpowers them all; Dante is ultimately defeated and ejected from the Qliphoth with his sword Rebellion shattered, Lady and Trish are captured and turned into cores for the demons Artemis and Cavaliere Angelo, and V and Nero escape to safety.

A month later on June 15, Nero returns to Red Grave after being outfitted with the "Devil Breaker" prosthetic arm Nico made for him. Nero meets up with V after besting the demon Goliath, who is seeking Qliphoth for its fruit - born of condensed human blood - which makes whomever consumes it the king of the Underworld. As the pair destroy the Qliphoth's roots while searching for Dante, Nero defeats Artemis to rescue Lady while V slays the demon-parasite Nidhogg, later aiding Nero against the root construct Gilgamesh. V rejoins Nero after learning another demon, Malphas, is also after the Qliphoth's fruit while seeking the Devil Sword Sparda in fear of its namesake's descendants acquiring it. V splits off to find the Sparda first and discovers it along with a hibernating Dante, whose presence was being hidden by the sword. V awakens Dante by threatening to stab him with the Sparda.



After learning what occurred during his month-long coma, Dante fights his way to Urizen and frees Trish from Cavaliere Angelo along the way. V then reveals to Trish that Urizen is actually the demon-side of Dante's brother Vergil, who used Yamato's power to separate his demon and human halves - the latter of which manifested as V himself, whose body is reaching its limit. Dante, having heard the full story when first meeting V, deduces Rebellion's power is the opposite - the ability to unify something - as he travels the remnant of his childhood home. Realizing why his father gave him Rebellion, Dante stabs himself with the broken sword's hilt to absorb the Sparda into himself, acquiring his Sin Devil Trigger form along with his own Devil Sword Dante. Nero attempts to confront Urizen again but is overpowered once more, and Dante arrives just in time to save him. Dante gains the upper hand with his new powers, but Urizen takes his leave once the Qliphoth begins to bear fruit. While Dante is conflicted on having Nero join them, an ailing V insists on it and the three split up to find their own way to Urizen. Dante arrives first and defeats King Cerberus before facing Urizen, having now eaten Qliphoth's fruit. Meanwhile, after saving V from Malphas, Nero learns of Dante's history with Vergil. He and V reach Dante just as he defeats Urizen, but a dying V intervenes and merges with Urizen before Dante can finish him, reviving Vergil once more.

Dante attacks the newly-revived Vergil, who overpowers him quickly before opening a portal to the top of the Qliphoth tree, telling Dante to recover to his full strength before they battle again. Nero insists on going after Vergil himself, seeking answers and revenge for losing his arm. Dante, having known that he was the young demon hunter's uncle since they first met on Fortuna, finally reveals to Nero that he is Vergil's son and sends him away to keep his hands clean from killing his own father. Nero, Nico, Lady, and Trish escape the slowly-expanding Qliphoth but, despite the group urging him not to confront his father, an angry and confused Nero goes back to chase after Vergil.

Dante fights his way through V's now-independent familiars - revealed to be embodiments of Vergil's memories from his time as Nelo Angelo - and they elect to die by Dante's hand as a way of lessening Vergil's trauma. Dante soon reaches Vergil and the sons of Sparda engage in yet another duel with each other, where Dante tells Vergil that Nero is his son. Following a call with Kyrie, Nero expresses his conflicted emotions at having found his family and not having the strength to save Kyrie's brother Credo years ago. Kyrie convinces Nero to stick to his instincts, and the young demon hunter resolves to save both his father and uncle from killing each other, finally regaining his Devil Bringer powers. Nero arrives just in time to stop Dante and Vergil as their fight reaches its climax, fully awakening his Devil Trigger while regenerating his right arm. Vergil mocks his son's resolve of a peaceful solution as he decides to fight him instead, but finds himself pushed back until he begrudgingly concedes. Giving Nero V's book to remember him by, Vergil joins Dante in a one-way trip to the Underworld to cut the Qliphoth down and seal the portal before it rips Red Grave City apart.

As the Qliphoth falls, Nero leaves Red Grave City alongside Nico while taking out any straggling demons along the way. Weeks later, Trish and Lady are hired for a new job by Morrison, who Dante left in charge of his office before the events at Red Grave City. In the Underworld, Dante and Vergil duel each-other endlessly - due to being equally matched and the constant interference from demons out to kill them - though their rivalry appears to be on more friendly terms. The game ends as Dante and Vergil fight against a demon horde with Dante saying his catchphrase "Jackpot!", much to Vergil's annoyance.





Development

The game is directed by Devil May Cry series veteran Hideaki Itsuno. It runs on the RE Engine, first used in Resident Evil 7: Biohazard. Itsuno explained that the development team is aiming for a "photo-realistic" graphics style. The game targets 60 frames per second on all targeted release platforms. The developers scanned various models to give a realistic look to the characters and even real clothes which were created in London and scanned in Serbia. Capcom confirmed a release date of March 2019 and a demo was playable in August 2018 at Gamescom which was later made available on PlayStation Store and Xbox Live.

In 2013, Itsuno showed interest in continuing the original Devil May Cry series by developing a fifth installment. It was originally thought that the series could go on hiatus or end for good if Devil May Cry 4: Special Edition was not a commercial success. However, in an interview with GameSpot, Itsuno confirmed that the series future did not depend on Devil May Cry 4: Special Edition's sales. He also alleviated fears that DMC: Devil May Cry's sales ended the series, confirming that Capcom was ultimately satisfied with final sales figures of those games. In January 2016, Itsuno stated on Twitter that he is working on a project well in development which could not be announced just yet and later in March, Reuben Langdon and Johnny Yong Bosch, who had done voice acting and motion capture for Dante and Nero respectively in Devil May Cry 4, took pictures of themselves in motion capture gear, leading to speculation that a new Devil May Cry game is in development. In response on Twitter regarding any truth about the speculation, Capcom Vancouver stated that "It's not a game that [they] announced that [they are] working on at [their] studio". On 17 May 2018, the domain name "DevilMayCry5.com" was registered by an unknown entity under Capcom's Onamae domain register. Devil May Cry 5 was confirmed at E3 2018 for a release the following year.

The game was originally planned to be announced in 2017. However, ideas to announce it alongside the Resident Evil 2 remake led to its change. The game was being developed by Capcom Dev Studio 1 and consists of many staff members who worked on entries in the Dragon's Dogma and the Devil May Cry series. The team aimed to make it the best action game from the Heisei period. A secret message was left in the first trailer for fans of the series. Dante and Nero's respective actors, Reuben Langdon and Johnny Yong Bosch, have expressed pleasure in regards to the game. It features an online multiplayer for up to three players.

Players who purchase the Deluxe Edition of the game will receive access to the several pieces of additional content, such as the Cavaliere R weapon for Dante, new cutscenes and announcer options, battle music from the first four Devil May Cry titles, and four Devil Breaker weapons for Nero, including a Mega Buster based on Mega Man 11. They were released as DLC after weeks of release. Pre-ordered Devil May Cry 5 gives a redeem code for EX costumes for Dante (based on DMC: Devil May Cry Dante/the EX costume in DMC 4), Nero (based on the Order of the Sword and possible reference to Credo due to the white coat and brown hair), Nico (different clothes, no glasses, and white-ish blonde hair), Trish (based on Gloria, her alter-ego in Devil May Cry 4), and Lady (based on Trish's black outfit). Later on, they were released as DLCs.

Excluding V (green coat with yellow pattern based on Vergil's coat which references Gilver (Vergil's appearance in novels and his alias) and Vergil's EX costume (his classic blue outfit based on DMC 3 and DMC 4), which can be obtained by beating the game with certain requirements or buying the DLC pack.

On April 1, Bloody Palace mode was released as a free update/DLC. Completing all 101 stages will award players a special taunt, depending if they choose Nero, Dante, or V.



Game Stats

Developer(s): Capcom

Publisher(s): Capcom

Director(s): Hideaki Itsuno

Producer(s): Michiteru Okabe

Designer(s): Yoichiro Ikeda

Programmer(s): Yoshiharu Nakao

Artist(s): Koki Kinoshita

Writer(s): Bingo Morihashi

Composer(s): Kota Suzuki

Series: Devil May Cry

Platform(s): Microsoft Windows, PlayStation 4, Xbox One

Release: March 8, 2019

Genre(s): Action-adventure, hack and slash

Mode(s): Single-player, multiplayer

Tom Clancy's The Division 2

Tom Clancy's The Division 2 is an online action role-playing video game developed by Massive Entertainment and published by Ubisoft. The sequel to Tom Clancy's The Division (2016), it is set in a near-future Washington, D.C. in the aftermath of a smallpox pandemic, and follows an agent of the Strategic Homeland Division as they try to rebuild the city. The game was released for Microsoft Windows, PlayStation 4 and Xbox One on March 15, 2019. It received generally favorable reviews from critics, with most noting it as an improvement over the first installment.

Gameplay

Played from a third-person perspective, the game takes place in Washington D.C. seven months after its predecessor, in which a civil war between survivors and villainous bands of marauders breaks out. In the game, players can cooperate with each other to complete objectives. The game will also feature raids, which can be completed by up to eight players.

Synopsis

Settings

The Division 2 is set after the events depicted in Tom Clancy's The Division, in a world devastated by Green Poison, a potent strain of smallpox engineered and released in New York City by an environmental terrorist. Green Poison became a pandemic, resulting in casualties and chaos on a global scale. Facing imminent social collapse, the United States government activated a contingent of domestic sleeper agents called the Strategic Homeland Division (SHD), or simply "The Division", to preserve order and continuity of government. Division agents leverage advanced technology and wide autonomy to deal with threats as they see fit.

By the beginning of The Division 2, most government and military personnel have evacuated Washington D.C., which has descended into lawlessness. The White House is controlled by local Division agents and a collation of first responders called the Joint Task Force (JTF), working to protect civilians and reestablish order. However, most of Washington D.C. has been carved into territories controlled by three competing militias: the Hyenas, a loose collation of of gangs, criminals, and anarchists taking advantage of the chaos for their own amusement and profit; the Outcasts, fanatical survivors of severe quarantines during the onset of the pandemic, seeking revenge on those they believe responsible for their imprisonment and eventual infection; and the True Sons, a highly organized and ruthless group of disgruntled JTF, US Armed Forces, and paramilitary mutineers led by Colonel Antwon Ridgeway, who believes that security can only be restored through brutal authoritarianism.

Additionally, the President of the United States, Andrew Ellis, is considered missing or killed in action since Air Force One crash landed near Capitol Hill.



Development

The game was developed by Massive Entertainment. Evaluating the feedback from players regarding the first game, Massive Entertainment planned to include more game content at launch and improve the endgame. The game's endgame development was prioritized by Massive Entertainment after hearing players' complaints from the first game. The developers have said that the game's main campaign will take around 40 hours to beat, making it twice as long as the original game.

The game was announced on March 9, 2018, by Ubisoft, with the first gameplay footage being premiered at the Electronic Entertainment Expo 2018 in June 2018. At the Expo, Ubisoft confirmed that the game will be released on March 15, 2019 for Microsoft Windows, PlayStation 4, and Xbox One. A private beta was launched prior to the game's release. The beta started on February 7, 2019 and ended four days later on February 11. After the game's release, three episodes of downloadable content, which add new story content and gameplay modes, will be released for all players for free.

To set The Division 2 apart from the first game in the series, Massive Entertainment and Ubisoft spent part of the development process revamping the game's weapons based on player feedback. The development team also spent a great deal of time reworking the game's mod system, alongside class specializations.[In an interview, director Mathias Karlson said that the development team wanted "Washington to feel as realistic as possible," and that architectural accuracy, as well as realistic weapon sounds, played a large role in that. He said that the team hired and used a number of professional military advisors to help them recreate Washington D.C. and key sections of the game.



SILENCE

Don't be fooled by my deceptive nature,
though it suggest weakness, yet am potent
enough to capture your audience.

Am capable of being heard even without a
word being said. When words fail, I prevail.
Am audible, am silence.

Anthony Bekesu





GAME STATS

Developer(s): Massive Entertainment

Publisher(s): Ubisoft

Director(s): Julian Gerighty, Mathias Karlson

Producer(s): Cristian Pana

Composer(s): Ola Strandh

Series: Tom Clancy's

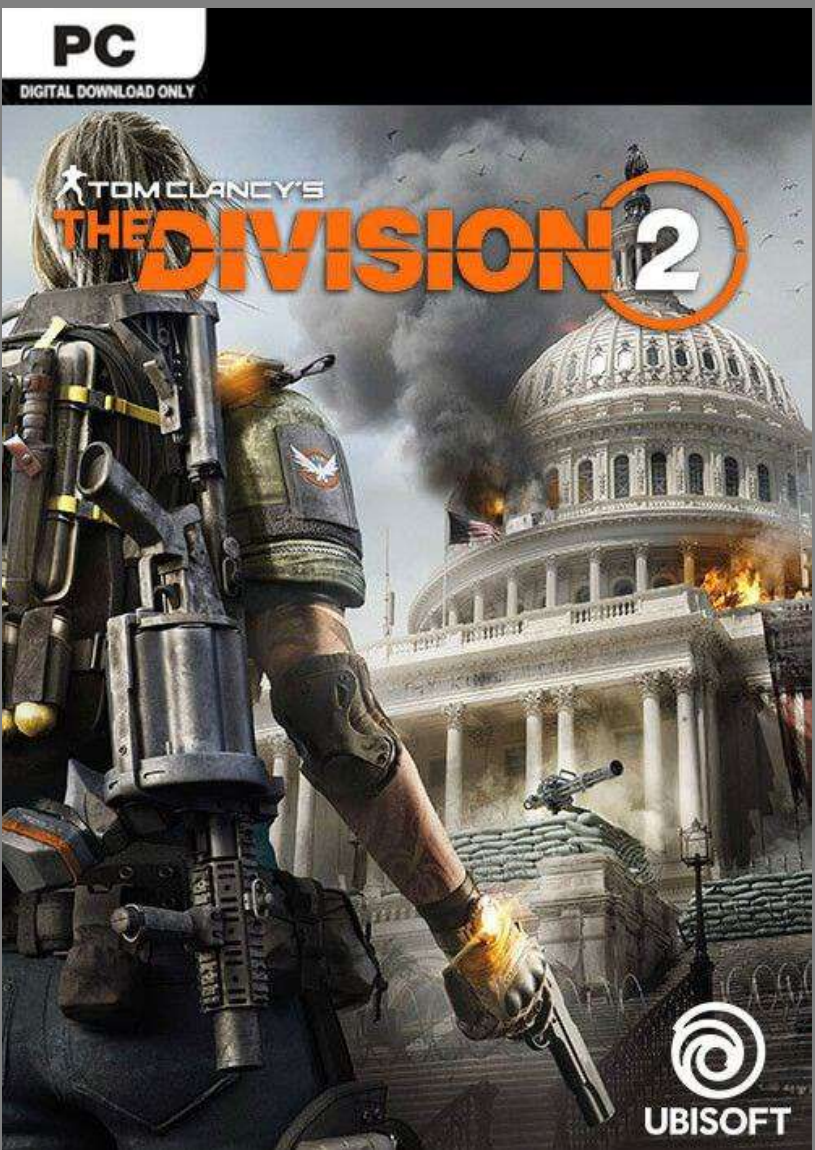
Engine: Snowdrop

Platform(s): Microsoft Windows, PlayStation 4, Xbox One

Release: March 15, 2019

Genre(s): Action role-playing, Third person shooter

Mode(s): Multiplayer



Plot

Seven months after the Green Poison outbreak, several Division agents are defending a civilian settlement from a bandit attack when the SHD Network, the system controlling their advanced technology and nation-wide communications, suddenly shuts down. The Player's Agent receives a Division distress call from Washington D.C. as a new and larger force begins to attack the settlement. At a fellow agent's urging, they abandon the battle to respond to the call. The Agent arrives in Washington D.C. to find the Division and JTF's local base of operations, the White House, under attack by the Hyenas. After repelling the attack, the Agent is briefed by Manny Ortega, the city's Division controller. The Agent learns that most of the country's leadership is either dead or missing and the city is mostly controlled by three hostile factions: the Hyenas, the Outcasts, and the True Sons. Ortega instructs the Agent to work with fellow agent Alani Kelso to assist civilian settlements, liberate the city, and restore the SHD network.

Ortega and Kelso uncover information that a cure to Green Poison might be located somewhere in the city, and that President Ellis may have survived the crash of Air Force One but is being held prisoner. Kelso is reluctant to waste time and resources to find Ellis, but Ortega points out that his security clearance may be needed to access the cure. The Agent eventually discovers Ellis and rescues him from Hyena custody. Ellis confirms that broad spectrum antivirals to cure not just Green Poison, but all viral infections, exist. However he can only access them with a special briefcase currently held in the True Sons' heavily fortified base at the United States Capitol. After the Agent repairs the SHD Network, reconnecting Division agents across the country, Ellis vows to restore the United States, no matter the cost. With the tide turning against them, the Hyenas, True Sons, and Outcasts retreat to their final strongholds. With the help of civilian militias and the JTF, the Agent assaults the strongholds and eliminates the leadership of all of the factions while recovering Ellis' briefcase.

As the Agent and the Division celebrate their victory, a new faction, the technologically advanced private military company Black Tusk, invades the city. Many of D.C.'s landmarks are quickly seized and Ellis suddenly goes missing with his briefcase, forcing the Agent to head out to find Ellis and repel the Black Tusk. The Agent eventually learns that Black Tusk supplied weapons to the gangs of D.C., Ellis has been working with the Black Tusks all along, and that Ellis's predecessor, President Mendez, did not commit suicide as previously believed, but was assassinated by his own Secret Service detail on Black Tusk's orders. Thanks to Ellis, Black Tusk gains possession of the broad spectrum antivirals, planning to transport them out of the city. The Agent successfully raids Black Tusk's stronghold at Tidal Basin, retrieving the antivirals and preventing a missile strike on the White House, although Ellis' location remains unknown.



Days Gone

Days Gone is an upcoming action-adventure survival horror video game developed by SIE Bend Studio and published by Sony Interactive Entertainment for PlayStation 4. The game uses Unreal Engine 4.

Gameplay

Days Gone is an action-adventure survival horror game set in a post-apocalyptic open world, played from a third-person perspective. The player controls Deacon St. John (Sam Witwer), a former outlaw-turned-drifter and bounty hunter who prefers life on the road to wilderness encampments. The game takes place two years after a global pandemic occurred which killed almost all of humanity, and transformed millions of others into "Freakers", mindless zombie-like creatures that are quickly evolving. In the E3 2016 stage demo, two types of "Freakers" were revealed, Newts and Hordes. In the E3 2017 stage demo, infected animals such as bears and wolves were revealed to also comprise the "Freakers", and human enemies are revealed to be featured in the game as well.

The player can complete objectives in multiple ways, such as by using stealth or long and short ranged weapons. A dynamic weather system and day-night cycle will also feature, making "Freakers" weak and slow by day but fast and strong by night. Deacon's main transportation vehicle is a motorcycle that can be modified with parts to enhance its speed, durability or maneuverability, among other parameters. The player is able to craft new items to improve combat efficiency.

Development

Days Gone went into full production in January 2015. The game is in development using Unreal Engine 4. John Garvin is the creative director and writer of the game, and Jeff Ross is the game director. The game was scheduled to be released on February 22, 2019, but was delayed to April 26, 2019, to allow the development team to polish the game. Announced via Twitter, development studio, Bend, confirmed Days Gone's gold status in a celebratory tweet and accompanying photo.





Developer(s): SIE Bend Studio

Publisher(s): Sony Interactive Entertainment

Director(s): John Garvin, Jeff Ross

Writer(s): John Garvin

Composer(s): Nathan Whitehead

Engine: Unreal Engine 4

Platform(s): PlayStation 4

Release: April 26, 2019

Genre(s): Action-adventure, survival horror

Mode(s): Single-player



Sekiro: Shadows Die Twice

Sekiro: Shadows Die Twice is an action-adventure video game developed by FromSoftware and published by Activision. The game was released world-wide for Microsoft Windows, PlayStation 4, and Xbox One on March 22, 2019. The game follows a Sengoku period shinobi known as Wolf as he attempts to take revenge on a samurai clan who attacked him and kidnapped his lord. The game received universal acclaim from critics, who commonly compared and contrasted it to the Souls series of games also made by FromSoftware. Within ten days of its release, the game had sold over two million copies worldwide.

Gameplay

Sekiro: Shadows Die Twice is an action-adventure game played from a third-person view. Compared to FromSoftware's own Souls series, the game features fewer role-playing elements, lacking character creation and the ability to level up a variety of stats, as well as having no multiplayer elements. It does, however, include gear upgrading, a skill tree, and limited ability customization. Rather than attacking to whittle an enemy's health points, combat in Sekiro revolves around using a katana to attack their posture and balance instead, which eventually leads to an opening that allows for a single killing blow.

The game also features stealth elements, allowing players to immediately eliminate some enemies if they can get in range undetected. In addition, the player character has the ability to use various tools to assist with combat and exploration, such as a grappling hook. If the player character dies, they have the option of being revived on the spot if they have resurrection power, which is restored by defeating enemies, instead of respawning at earlier checkpoints.



Plot

In a re-imagined late 16th century Sengoku period Japan, warlord Isshin Ashina staged a bloody coup and seized control of the land of Ashina from the Interior Ministry. During this time, a nameless orphan is adopted by the wandering shinobi named Ukonzaemon Usui, known to many as Owl, who named the boy Wolf and trained him in the ways of the shinobi.

Two decades later, the Ashina clan is on the brink of collapse due to a combination of the now elderly Isshin having fallen ill and the clan's enemies steadily closing in from all sides. Desperate to save his clan, Isshin's grandson Genichiro sought the Divine Heir Kuro so he can use the boy's "Dragon Heritage" to create an immortal army. Wolf, now a full fledged shinobi and Kuro's personal bodyguard, loses his left arm while failing to stop Genichiro. As he received the dragon's blood from Kuro three years prior, Wolf survives his wounds and awakes in an abandoned temple. In the temple, he meets the Sculptor, a former shinobi named Sekijo who now carves Buddha statues, and Wolf finds that his missing arm has been replaced with the Shinobi Prosthetic, a sophisticated artificial arm that can wield a variety of gadgets and weaponry.

With the Shinobi Prosthetic, Wolf assaults Ashina Castle and confronts Genichiro again, defeating him, although the latter is able to escape by drinking the Rejuvenating waters, which is a man-made replication of the dragon's blood. Despite having an opportunity to flee Ashina forever, Kuro instead decides to stay and perform the "Immortal Severance" ritual, which would remove his Dragon Heritage and prevent anybody else from fighting over him to obtain immortality. Wolf reluctantly agrees to help Kuro and sets out to the areas surrounding the castle to collect all of the necessary components of the ritual, including a special sword that can cut immortals known as the Mortal Blade. When Wolf returns, he encounters Owl, who was previously thought to have been killed three years ago. Owl reveals that he also seeks the Dragon Heritage from Kuro, and orders Wolf to renounce his loyalty to Kuro.

Wolf is then presented with the option to follow Owl and betray Kuro, or to remain loyal to Kuro. If Wolf sides with Owl, he is forced to fight Emma, a doctor in service to Isshin, and Isshin himself. Upon defeating them, Wolf then stabs Owl in the back while Kuro in horror realizes Wolf has been corrupted by bloodlust and fallen down the path of Shura. It is then stated that a demon roamed the lands for many years slaughtering many people.

If Kuro is chosen Wolf fights and kills Owl. He then uses the items he has gathered to enter Fountainhead Palace. Wolf then enters the Divine Realm, where he fights the Divine Dragon to obtain its tears for Immortal Severance. Upon returning to Ashina Castle Wolf discovers that it has been attacked by the Interior Ministry and is informed by Emma that Kuro has fled through a secret escape passage. Wolf finds an injured Kuro and Genichiro, wielding a second Mortal Blade. Genichiro then challenges Wolf a final time. Upon his defeat he sacrifices himself to bring Isshin, who recently died from his illness, back to life at the height of his power. Although Isshin is on Wolf and Kuro's side, he honors Genichiro's sacrifice and chooses to fight Wolf.

After defeating Isshin, the player can obtain three endings depending on what is given to Kuro. The standard ending is "Immortal Severance". Wolf gives Kuro the dragon tears and severs his ties to the Divine Dragon. This process ends up killing Kuro, while Wolf becomes the next sculptor and ends his life as a shinobi. In the "Purification" ending Wolf manages to save Kuro at the cost of his own life. The final ending, "Return," is obtained by helping the Divine Child of the Rejuvenating Waters complete a ritual to return the power of the Divine Dragon to its birthplace in the West. Kuro's body dies but his spirit is transferred into the Divine Child's heart. Wolf remains a shinobi and chooses to travel with the Divine Child on their westward journey.



Development

| |
|---|
| Developer(s): FromSoftware |
| Publisher(s): Activision |
| JP: FromSoftware |
| Director(s): Hidetaka Miyazaki Kazuhiro Hamatani |
| Producer(s): Yuzo KojimaTakahiro Yamamoto |
| Designer(s): Masaru Yamamura, Yuki Fukuda |
| Programmer(s): Yoshitaka Suzuki |
| Composer(s)Yuka Kitamura |
| Platform(s): Microsoft Windows, PlayStation 4, Xbox One |
| Release: March 22, 2019 |
| Genre(s): Action-adventure |
| Mode(s): Single-player |

Development of Sekiro began in late 2015, following the completion of Bloodborne's downloadable content, The Old Hunters. The game was revealed via a teaser trailer at The Game Awards 2017 in December, showing the tagline "Shadows Die Twice". The game's full title was revealed to be Sekiro: Shadows Die Twice during the Microsoft press conference at E3 2018. It was directed by Hidetaka Miyazaki of the Japanese development studio FromSoftware, best known for creating the Souls series and Bloodborne. The game was published by Activision worldwide, with FromSoftware self-publishing it in Japan, and Cube Game publishing in the Asia-Pacific region. Sekiro's soundtrack was composed by Yuka Kitamura, with some contributions from Noriyuki Asakura. The game was released for PlayStation 4, Windows, and Xbox One on 22 March 2019. A collectors edition of the game was also released the same day, and included a steelbook case, a figurine of the protagonist, an art book, a physical map of the game's world, a download code for the soundtrack, and in-game coin replicas.

Sekiro draws inspiration from the Tengu series of stealth-action games that were partially developed and published by FromSoftware. The team initially considered developing the game as a sequel to Tengu, but as that series had already been shaped by several different studios before they obtained the rights to it, they instead opted to take the project in a different direction. Miyazaki intended for the combat changes to capture the feel of "swords clashing", with fighters trying to create an opening to deliver the fatal strike. He and the team also created the game to be a fully single-player experience, as they believed multiplayer to have limitations they wanted to avoid. The word "Sekiro" means "one-armed wolf" in Japanese, while the subtitle "Shadows Die Twice" was originally only meant to be used as a slogan for the teaser trailer until Activision requested it to be kept for the final name. Despite the game taking place during the Sengoku period of real world Japanese history, there are no real historical people or locations featured in the game.





GADGETS



TIME TO LIGHT UP

AI Bright Camera

\$102.96

SPARK 3 Pro



AI Bright
Camera



13MP + 2MP
Dual Camera



4G LTE



32GB ROM
2GB RAM

AI Bright Camera

Featured with the newly upgraded camera and the intelligent image processing, the photos taken by SPARK 3 Pro are brighter and clearer. The built-in filters can beautify the expression even in low light. With the 13MP dual rear bright camera you can capture the perfect moments whenever you like. The dual rear camera provides excellent depth of field effects. With the AI beauty mode, it heightens your natural beauty base on your age, skin tone or skin type. SPARK 3 Pro makes you sparkle in every photo.



AI HDR | Sports mode | AI Beauty | Portrait Mode | Bokeh Effect On | Low Light Mode | AI HDR



4G LTE, Faster Speed

4G LTE allows you to enjoy a smooth flow of different apps, with a more stable network signal. You can make connection to the world faster anytime, anywhere.

Store More

With the big 32GB of storage memory, you can keep important files and data on hand conveniently. SPARK 3 Pro allows you to store a whole lot more while doing a whole lot more. The 2GB RAM provides you a great user experience.

Super FULLVIEW, Super Fun

Be immersed by the 6.2" Super FULLVIEW display with remarkable screen-to-body ratio, supporting a full screen of distinct clarity and striking colour. The boardless design provides super fun and wider space to explore while you are watching TV or surfing the Internet.



Ultimate Performance

The 2.0 GHz quad-core processor boosts speed, responsiveness and performance, powering a ultimate experience. And with the powerful CPU and bigger ROM and RAM, SPARK 3 Pro brings you a faster, stronger, and seamless smartphone experience.

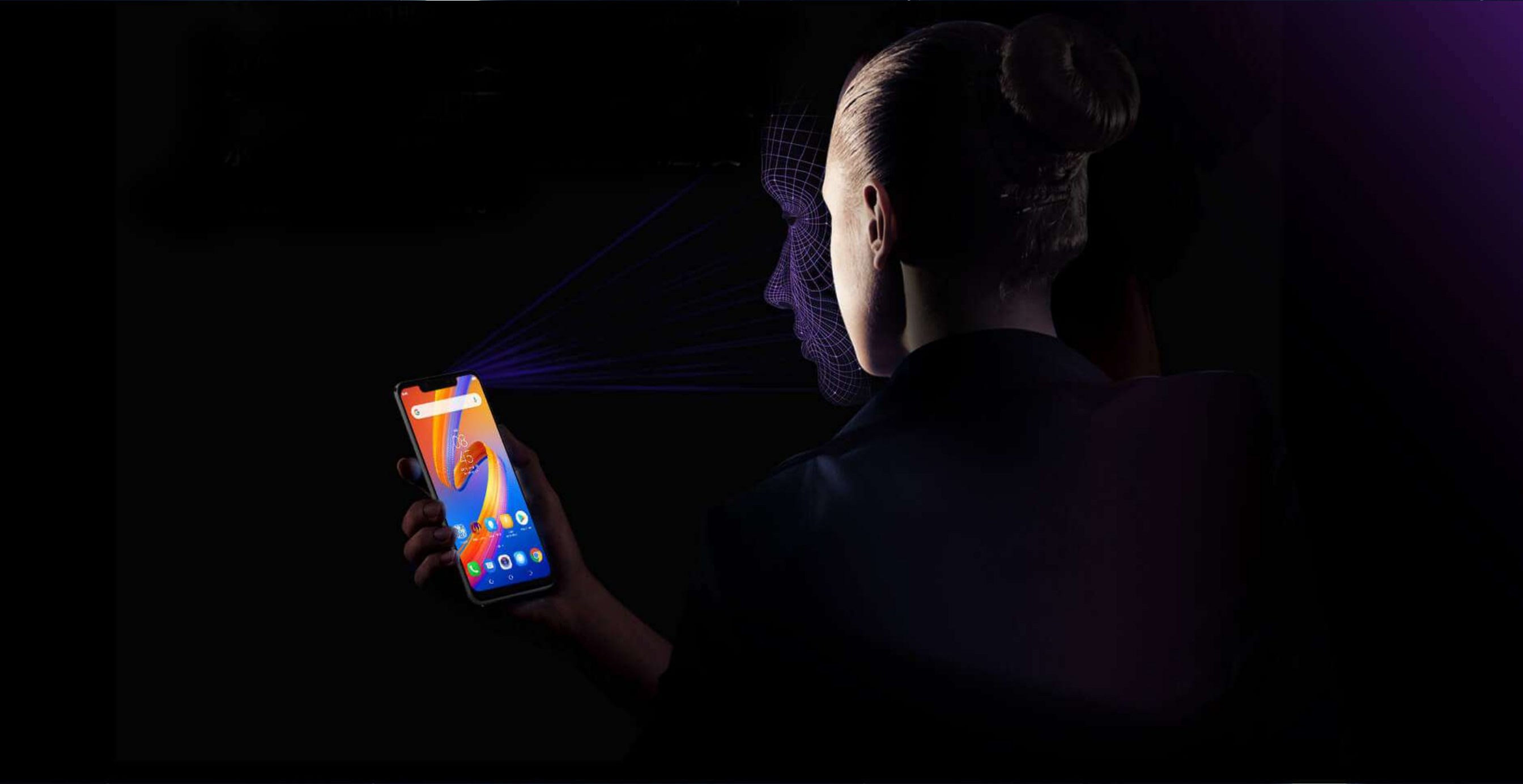


Latest Android™ 9 Pie

The latest Android™ 9 Pie system has improved every aspect of the system to make your life more efficient. And based on the new android system, the HiOS 4.6 is more user-friendly and more convenient, bringing you massive efficiencies and a drastically improved user experience.

Android™







Samsung Galaxy S9 Plus

Samsung’s best phone with a big screen and superb camera

Weight: 189g | Dimensions: 158.1 x 73.8 x 8.5 mm | OS: Android 8 | Screen size: 6.2-inch | Resolution: 1440 x 2960 | CPU: Snapdragon 845 / Exynos 9810 | RAM: 6GB | Storage: 64GB/128GB | Battery: 3,500mAh | Rear camera: Dual 12MP | Front camera: 8MP

Samsung is making a big deal about the camera on the S9 range and for good reason, on the back of the S9 Plus are dual 12MP cameras, both with an impressive f/1.5 maximum aperture. At the time of writing the S9 range is the only phone with a camera aperture this wide, making its low-light prowess second-to-none.

Add on top of that the 'infinity' screen that the Samsung Galaxy range is now famous for, and this big-screened beauty comfortably takes the top spot. We thought the AR Emoji feature was overrated, but if you're in the market for the best screen and best camera on a phone, this is the handset for you. (If you're keen to wait for something newer, though, you might want to check out its incoming successor, the Samsung Galaxy S10 .

\$569



Samsung Q9FN QLED (2018)

The best TV ever? Could be

After an underwhelming debut, Samsung’s QLED technology really needed to bounce back in style in 2018. It didn't surprise us in the least, then, to discover Samsung threw the kitchen sink in with its new Q9FN QLED Series of TVs .

As well as being even brighter and more colorful than last year’s equivalent model, Samsung's 2018 flagship screens use a completely different lighting system to combat its predecessor’s contrast problems: Full Array Local Dimming rather than edge-lit LED lighting. The FALD panel works in tandem with Samsung QLED Quantum Dots to produce a picture that's brighter and more colorful than near any we've seen come from the South Korean manufacturer.

Do those features alone make Samsung Q9FN the best TV on the market? No, but throw in technology like HDR10+ and Q HDR EliteMax – what Samsung bills as its maximum High Dynamic Range experience that’s exclusive to the Q9FN – and there's very little doubt in our mind that this is Samsung's best TV ever.

\$4,997.99



PS4 Pro

Sony's souped-up PS4 Pro is amazing for 4K TV owners

Dimensions: 29.5 x 32.7 x 5.5 cm (W x L x H) | GPU: 4.20 TFLOPS, AMD Radeon™ based graphics engine | RAM: 8 GB of GDDR5, 1 GB DDR3 | Communication: USB 3.1, HDMI 2.0a, Ethernet, Optical Audio and PlayStation Camera ports, Dual-band 802.11ac wireless, Bluetooth 4.0 | Max Resolution: 3840 × 2160 | Maximum controllers: 4 | Storage: 1TB

The battle between Sony's PlayStation consoles and Microsoft's Xbox series is hard-fought, but right now we think the PS4 Pro has the edge over the Xbox One S or Xbox One X, thanks to a combination of good hardware, great games, and a generous online offering.

The only thing stopping the PS4 Pro from being the ultimate console is the omission of an Ultra HD Blu-ray drive. Instead you'll have to rely on streaming to get your 4K media fix – or, if you're using Sony's PS Now service, the new download feature to play rented games without your patchy connection dropping the resolution. Until we get a firm release date for the PS5, this the way to go.

\$399.95



Huawei MateBook X Pro

Our new pick for the best laptop in the world

CPU: 8th generation Intel Core i5 – i7 | Graphics: Intel UHD Graphics 620 , Nvidia GeForce MX150 2GB GDDR5 | RAM: 8GB – 16GB | Screen: 13.9-inch 3K (3,000 x 2,080) | Storage: 512GB SSD

This is a gorgeously-designed laptop with a stunning screen (albeit with a rather odd aspect ratio), and it comes packed with cutting edge components that allows it to perform brilliantly, and a battery life that runs rings around many of its rivals. It also has a very competitive price, giving you features, design and performance for quite a bit less money.

\$1,179.99



Moov Now

The no-screen wonder

Screen: No | Heart rate tracker: No | Waterproof: Yes | Activity tracking: Yes | GPS: Yes, through phone | Battery life: Six months | Compatibility: Android/iOS

The Moov Now doesn't have all the bells and whistles you would associate with a fitness tracker. It doesn't have GPS tracking, it doesn't even have a screen; but what it does have is a cheap price tag and six-month battery life. Yes, you read that right: six months.

During those six months you can track your steps, your sleep, your fitness, your running technique and a whole lot more. This may be an unconventional fitness tracker, but it's a great one.

\$93.75



Nikon Z6

Nikon's new full-frame mirrorless is the pick of the bunch

Sensor: Full-frame CMOS | Resolution: 24.5MP | Autofocus: 273-point AF | Screen type: 3.0-inch tilt-angle touchscreen, 2,100K dots | Maximum continuous shooting speed: 12fps | Movies: 4K at 30p | User level: Enthusiast/expert

The Nikon Z6 is one of the newest cameras we've had the pleasure to test, and it matches youth with excellent usability.

A full-frame mirrorless, it ticks all the boxes for features, performance, and price, with a 24.5MP sensor that offers superb color reproduction and pin-sharp detailing.

\$1,996.95



Apple iPad Pro 11 (2018)

The best tablet you can buy right now

Weight: 468g | Dimensions: 247.6 x 178.5 x 5.9 mm | OS: iOS 12 | Screen size: 11-inch | Resolution: 2388 x 1668 pixels | CPU: A12X Bionic | Storage: 64GB/256GB/512GB/1TB | microSD slot: No | Battery: 7,812mAh | Rear camera: 12MP | Front camera: 7MP

If money is truly no object, there's never been a finer tablet than the 2018 iPad Pro 11 inch slate. It's a superb two-in-one when paired with its folio keyboard case, and a lovely large touchscreen tablet when flying solo.

Many of the grumbles from earlier iPad Pro tablets have been ironed out. The Apple Pencil finally connects to the tablet magnetically, the speakers now have the oomph to match the larger real estate, and the screen-to-body ratio has been improved to a point where it's hard to see where Apple can go from here.

Is it a true laptop replacement? That's still a tough question, and one worth considering before purchase – the iOS 12 software feels limiting when trying to multitask and perform laptop-like tasks.

Another strictly mobile challenge: it doesn't have a headphone jack. If you want the standard 3.5mm jack in a computer-like device, you'll spring for an actual computer.

Those points taken into account, it's a real winner. Just don't go in expecting an actual replacement for your MacBook Pro and you'll come away a happy techhead.

\$949



Samsung Galaxy Watch

The sporty Samsung watch gains some style

OS: Tizen OS | Compatibility: Android, iOS | Display: 1.2" or 1.3" 360 x 360 Super AMOLED | Processor: Dual-core 1.15GHz | Band sizes: 22mm or 20mm | Onboard storage: 4GB | Battery duration: 4 days on 46mm / less on 42mm | Charging method: Wireless | IP rating: 50m | Connectivity: Wi-Fi, Bluetooth

Following on from the Gear S3 series and the Gear Sport in 2017, the Samsung Galaxy Watch comes much improved over its predecessors and rightfully knocks the Apple Watch off the top spot for this section of our best gadgets list.

Having played around with the larger 46mm version of the Galaxy Watch, you're looking at a rock-solid four day battery life for the wearable – an incredible feat considering most usually conk out after just a single day's use.

Tizen is an increasingly capable wearable OS, and the rotating bezel used here to navigate works like a charm.

The one drawback remains Tizen's app availability, which pales in comparison to Watch OS and Wear OS. That said, there's a lot of filler on those two platforms, and Samsung's core offering hits all the right notes for what you'd like to get from a smart-watch.

\$279



Sony WH-1000XM3

The best noise-cancelling headphones in the world, two years running

Acoustic design: Closed | Weight: .8.99 oz | Cable length: 3.94 ft | Frequency response: 4Hz to 40kHz | Drivers: 40mm Dual-Layered Diaphragm | Driver type: Dynamic | Sensitivity: 104.5 dB | Impedance: 47 ohm | Battery life: 30 hours | Wireless range: 30 meters (98ft) | NFC: Yes

Sony's done it again. Despite being a new model for 2018, the Sony WH-1000XM3 are the best noise-cancelling headphones in the world two years in a row. How can that be possible?

That's because, even though there's new audio wizardry going on, they are for the most part a small refinement of last year's excellent WH-1000XM2.

So what's changed? the WH-1000XM3 uses the newer USB-C charging standard instead of a legacy microUSB connection, and there is also a bit more padding along the bridge to keep your noggin' comfy. But that's about it.

At first, that lack of substantial improvement gave us some reservations about recommending them – especially when the 1000XM2 could be found for less online. But those days are over. If you want a critically-acclaimed noise-cancelling headset that's brand-new for 2018 and has two-plus years of experience being the best, the WH-1000XM3 are the way to go.

\$324.95



HTC Vive

HTC Vive wins the first battle in the VR war

Screen resolution: 2160 x 1200 | Compatibility: Windows | Field of View: 110 degrees | Play-space: 13 x 13 feet | Controllers included?: Yes | Weight: 470g

The HTC Vive is the best VR headset in the world right now. The controls are intuitive to use, the resolution is incredible, with a 1080p screen per eye, and the base stations mean you can play in a space that's 13 x 13 feet in size – that's some serious playing space to swing yourself around in.

HTC's close rival Oculus still has designs on the crown, and the incom-

ing Oculus Quest – a wireless VR headset with PC-quality performance, reportedly – could well swing the balance.

Like most of the entries on our list this is a premium product at a high price, but for now if you're looking for the best first-generation VR headset around, then the HTC Vive is the one to go for.

\$499



Automobile



2019 ACURA MDX

\$54,800



At Acura, the driver always comes first. Our design philosophy assures it. Even in the MDX, engineered to carry seven adults, the focus is still on intimately connecting the driver and road, a focus that has crowned the MDX the best-selling three-row luxury SUV of all time. Such is the power of Precision Crafted Performance.



**HANDCRAFTED
WOOD,
LEATHER,
AND
STYLE**



Popular Accessories:

- a. Door-Sill Trim, Illuminated (A-Spec)
- b. Pattern Projector
- c. Cargo Tray
- d. Emblem, Dark Chrome (MDX)
- e. Roof Rails and Crossbars
- f. 20-Inch Alloy Wheels, Dark Chrome Finish



SEATS UP TO SEVEN, THRILLS ALL



EVERY DETAIL COUNTS

Enter the MDX, and you enter a first-class cabin. Inside, every detail comforts and inspires.

Available leather-trimmed seats with premium contrast stitching and piping offer a more refined and sporty look. Front seats come standard with 14- and 12-way power controls for more precise positioning of the driver and passenger. Even the available wood selections—Olive Ash Burl and Desert Olive Ash—are responsibly sourced and handcrafted. Just as the smallest details can dramatically improve performance, they can also dramatically improve comfort.



The MDX is a performance SUV. As such, its design language matches its aggressive nature. As you approach the MDX, the low, wide stance whispers of its athletic abilities. Up front, a confident Acura Diamond Pentagon Grille flanked by chiseled and focused Jewel Eye LED headlights adds to its demeanor. And down the sides, long, sculpted lines give the vehicle a sense of speed well before the engine roars to life.



AGILE HANDLING ASSIST

Performance is not just about power. It's also about precision. And precision in every corner is where the MDX shines, thanks to Agile Handling Assist.

As the MDX enters the corner, Agile Handling Assist technology tightens the vehicle's line through the turn by braking individual wheels as needed to improve cornering stability and speed.



NEVER DRIVE ALONE

The MDX was designed not only to intimately connect the driver to the road, but also the vehicle to the driver. AcuraLink allows you to connect to your vehicle from almost anywhere, enabling you to preload your MDX with directions, easily locate it in a crowded parking lot, and even lock/unlock it remotely.

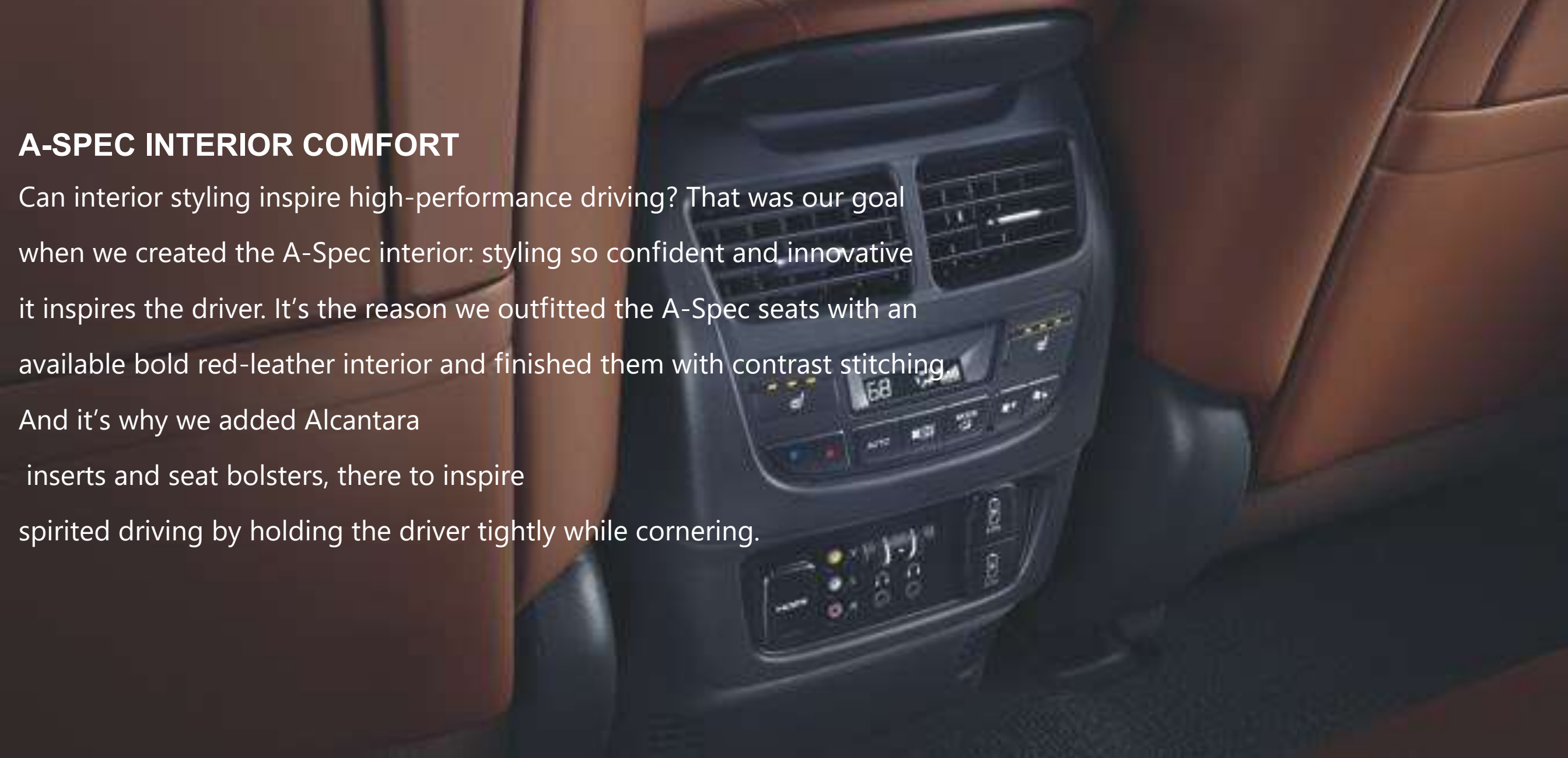
But we didn't stop there. The MDX display can host all your favorite Android Auto™ apps and services, as well as seamlessly integrate with your iPhone through Apple CarPlay.™





A-SPEC INTERIOR COMFORT

Can interior styling inspire high-performance driving? That was our goal when we created the A-Spec interior: styling so confident and innovative it inspires the driver. It's the reason we outfitted the A-Spec seats with an available bold red-leather interior and finished them with contrast stitching. And it's why we added Alcantara inserts and seat bolsters, there to inspire spirited driving by holding the driver tightly while cornering.



a-SPEC

AT OUR
BEST
SAFETY
WHEN IT
MATTERS
MOST



SOMETIMES YOU'LL FORGET IT'S AN SUV

As capable as the MDX is in high-performance driving, it's equally capable when it comes to the utility part of the equation. Inside, the MDX offers generous cargo capacity, up to 90.9 cubic feet, with the flexibility of 60/40-split second-row bench or available folding captain's chairs and 50/50-split third-row seats, adapting to a variety of passenger and cargo space combinations. And hidden nicely in the cargo area is a subfloor storage area, perfect for anything you want to keep secure.



**THE MOST IMPORTANT PERSON ON THE ROAD
IS EVERY PERSON ON THE ROAD**

AcuraWatch™ forms a network of seamlessly connected sensing technologies within the MDX. These advanced safety and driver-assistance features constantly gather information and offer warnings, and some features can even take action when necessary, all to help prevent, avoid, or minimize threats.

***Forward Collision Warning (FCW) System**

***Adaptive Cruise Control (ACC) with Low-Speed Follow**

***Available Surround-View Camera System**

***Multi-View Rear Camera with Dynamic Guidelines.**





A red Mercedes-AMG GLE is shown from a front-three-quarter perspective, driving through a dark tunnel. The car's headlights are on, illuminating the dark interior of the tunnel. The background is dark and industrial, with concrete pillars and a white door visible in the distance.

MERCEDES
GLE

\$52,000



Re-define yourself...

The new Mercedes-Benz GLE: the SUV trendsetter completely reconceived.

Exuding presence and power, the AMG bodystyling, in combination with 20" 5-twin-spoke design alloy wheels, sets a new standard for aero dynamics in the SUV segment. Heat-insulating dark-tinted glass and illuminated running boards complete the superior look.



The GLE also features a 9G-TRONIC automatic transmission and 4MATIC all-wheel drive. Inside, you'll find nappa leather and ambient lighting in 64 possible colours. Nappa leather and a sculptured spoke design define the multifunction sports steering wheel. The MBUX infotainment system and the widescreen cockpit give the GLE's interior its finishing touch.





Driving Assistance
package



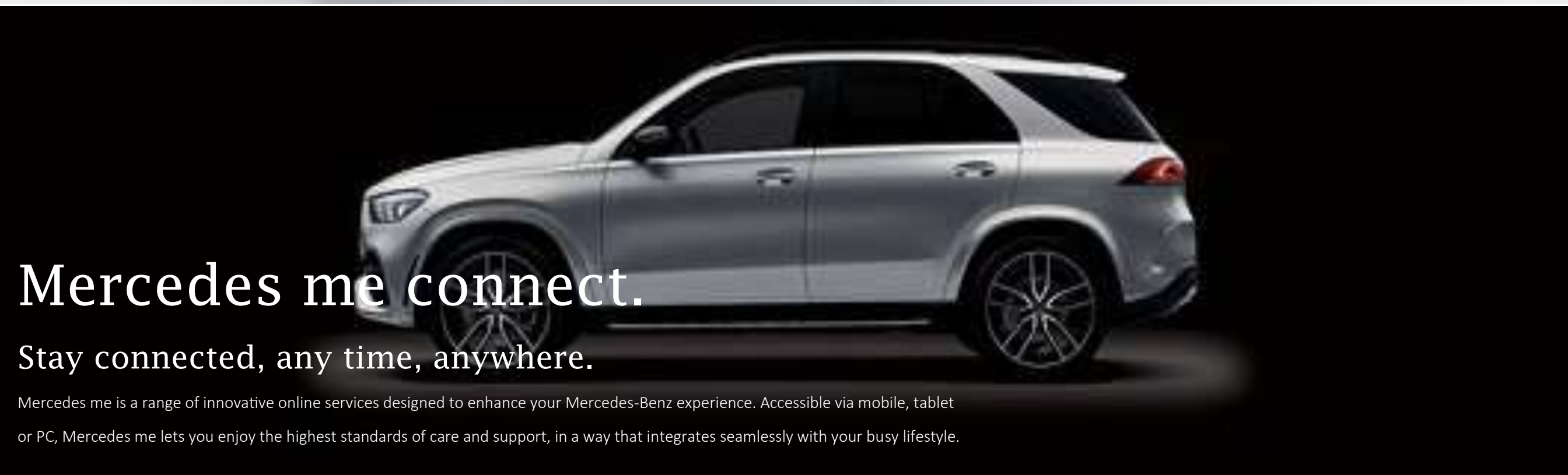
Premium equipment line



Seven-seat equipment line



Towing package



Mercedes me connect.

Stay connected, any time, anywhere.

Mercedes me is a range of innovative online services designed to enhance your Mercedes-Benz experience. Accessible via mobile, tablet or PC, Mercedes me lets you enjoy the highest standards of care and support, in a way that integrates seamlessly with your busy lifestyle.



Off-Road package



Colours, trim and upholstery



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THE THIRD WIFE

MAY 15, 2019

DRAMA



MAY 31, 2019



THEIR REIGN BEGINS

GODZILLA
KING OF THE MONSTERS

ACTION



GET OUT



THRILLER

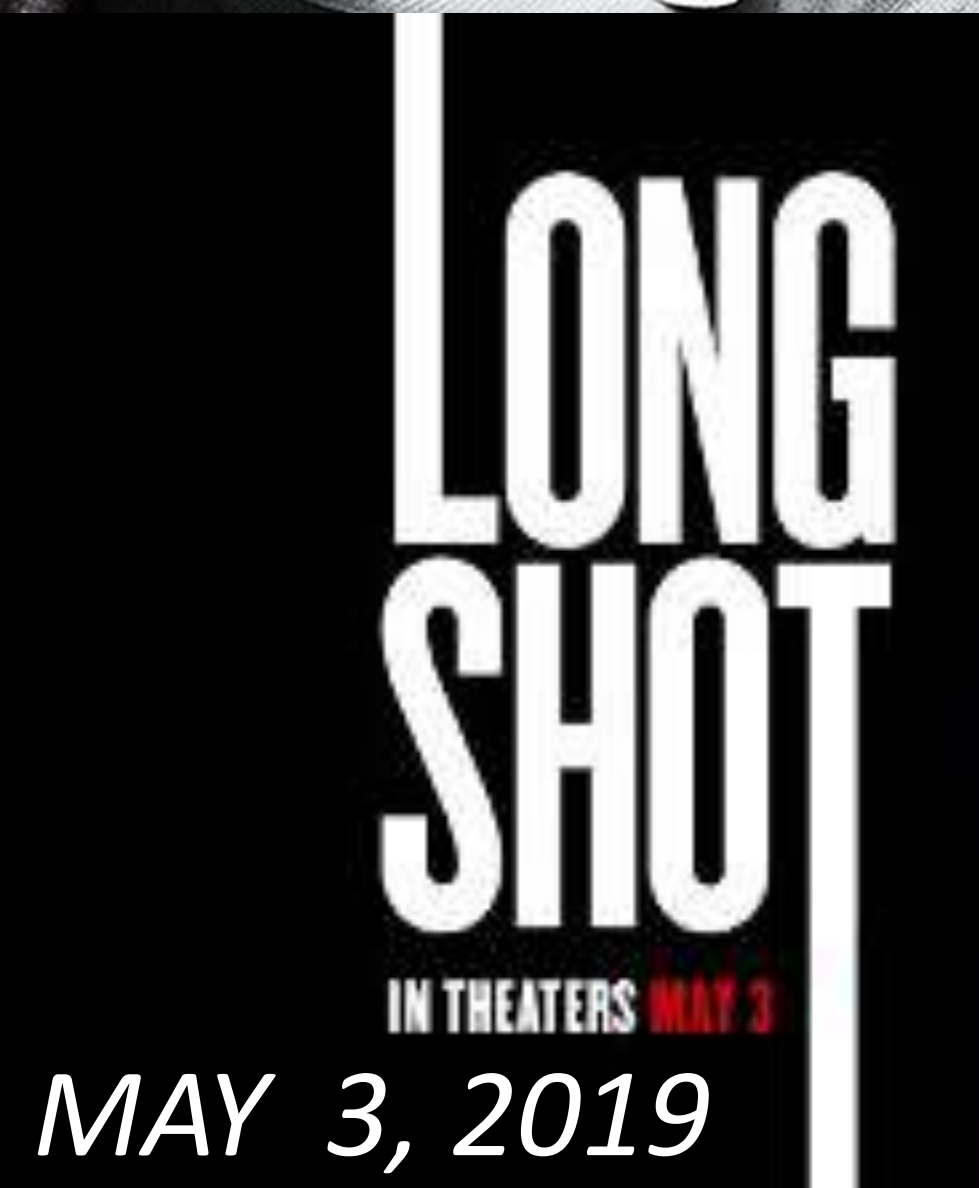


MAY 3, 2019

FORGIVE
US
OUR
SINS

THE CONVENT

THRILLER



COMEDY



MAY 24, 2019



THRILLER

MAY 31, 2019



NETFLIX

THE PERFECTION

MAY 24, 2019

THRILLER



ACTION

EXCOMMUNICADO

MAY 17

#JOHNWICK3



ARTICLE



12 HEALTH BENEFITS OF AVOCADOS

Avocados are a stone fruit with a creamy texture that grow in warm climates. Their potential health benefits include improving digestion, decreasing risk of depression, and protection against cancer.

Also known as an alligator pear or butter fruit, the versatile avocado is the only fruit that provides a substantial amount of healthy monounsaturated fatty acids (MUFA). Avocados are a naturally nutrient-dense food and contain nearly 20 vitamins and minerals.

This MNT Knowledge Center feature is part of a collection of articles on the health benefits of popular foods. In the article, we take an in-depth look at the possible health benefits of eating avocados as well as a nutritional breakdown. To maintain balance, we will also look at the possible health risks of consuming avocados.

Benefits

Eating a diet that contains plenty of fruits and vegetables of all kinds has long been associated with a reduced risk of many lifestyle-related health conditions. Numerous studies have found that a predominantly plant-based diet that includes foods such as avocados can help to decrease the risk of obesity, diabetes, heart disease, and overall mortality while promoting a healthy complexion and hair, increased energy, and overall lower weight.

1. Avocados are nutrient rich

Avocados are rich in vitamins and minerals.

According to the USDA National Nutrient Database, one serving (one-fifth of an avocado, approximately 40 grams) contains:

64 calories almost 6 grams of fat3.4 grams of carbohydrate less than a gram of sugar almost 3 grams of fiber

Avocados are a great source of vitamins C, E, K, and B-6, as well as riboflavin, niacin, folate, pantothenic acid, magnesium, and potassium. They also provide lutein, beta-carotene, and omega-3 fatty acids.

Although most of the calories in an avocado come from fat, don't shy away! Avocados are full of healthy, beneficial fats that help to keep you full and satiated. When you consume fat, your brain receives a signal to turn off your appetite. Eating fat slows the breakdown of carbohydrates, which helps to keep sugar levels in the blood stable.

Fat is essential for every single cell in the body. Eating healthy fats supports skin health, enhances the absorption of fat-soluble vitamins, minerals, and other nutrients, and may even help boost the immune system.

2. Healthy for the heart

Avocados contain 25 milligrams per ounce of a natural plant sterol called beta-sitosterol. Regular consumption of beta-sitosterol and other plant sterols has been seen to help maintain healthy cholesterol levels.

3. Great for vision

Avocados contain lutein and zeaxanthin, two phytochemicals that are especially concentrated in the tissues in the eyes where they provide antioxidant protection to help minimize damage, including from ultraviolet light.

As the monounsaturated fatty acids in avocados also support the absorption of other beneficial fat-soluble antioxidants, such as beta-carotene, adding avocados to your diet may help to reduce the risk of developing age-related macular degeneration.

4. Osteoporosis prevention

Vitamin K is essential for bone health.

Half of an avocado provides approximately 25 percent of the daily recommended intake of vitamin K.

This nutrient is often overlooked, but is essential for bone health.

Vitamin K is often overshadowed by calcium and vitamin D when thinking of nutrients important for maintaining healthy bones, however, eating a diet with adequate vitamin K can support bone health by increasing calcium absorption and reducing urinary excretion of calcium.

5. Cancer

Adequate intake of folate from food has shown promise in protecting against colon, stomach, pancreatic, and cervical cancers.

Although the mechanism behind this apparent reduction in risk is currently unknown, researchers believe that folate protects against undesirable mutations in DNA and RNA during cell division.

Avocados may even have a role to play in cancer treatment, with some research finding that phytochemicals extracted from avocado can selectively inhibit the growth of precancerous and cancerous cells and cause the death of cancer cells, while encouraging the proliferation of immune system cells called lymphocytes.

These phytochemicals have also been shown to decrease chromosomal damage caused by cyclophosphamide, a chemotherapy drug.

6. Healthy babies

Folate is also known as folic acid.

Folate is extremely important for a healthy pregnancy.

Adequate intake reduces the risk of miscarriage and neural tube defects.

Recent research from McGill University found a 30 percent higher incidence of a variety of birth defects in baby mice conceived using sperm from mice with a folate deficiency compared with mice conceived using sperm from mice with adequate folate levels.

7. Lower risk of depression

Foods containing high levels of folate may help to decrease the risk of depression because folate helps to prevent the build-up of homocysteine, a substance that can impair circulation and delivery of nutrients to the brain.

Excess homocysteine can also interfere with the production of serotonin, dopamine, and norepinephrine, which regulate mood, sleep, and appetite.

8. Improved digestion

Despite its creamy texture, an avocado is actually high in fiber with approximately 6-7 grams per half fruit.

Eating foods with natural fiber can help prevent constipation, maintain a healthy digestive tract, and lower the risk of colon cancer.

9. Natural detoxification

Adequate fiber promotes regular bowel movements, which are crucial for the daily excretion of toxins through the bile and stool.

Recent studies have shown that dietary fiber may also play a role in regulating the immune system and inflammation.

10. Osteoporosis treatment

Substances called saponins, found in avocados, soy and some other plant foods, are associated with relief of symptoms in knee osteoarthritis, with further research planned to determine the long-term effects of isolated extracts.

11. Antimicrobial action

Avocados contain substances that have antimicrobial activity, particularly against Escherichia coli, a leading cause of food poisoning.

12. Protection from chronic disease

According to the Department of Internal Medicine and Nutritional Sciences Program of the University of Kentucky, high fiber intakes are associated with significantly lower risks of developing coronary heart disease, stroke, hypertension, diabetes, obesity, and certain gastrointestinal diseases. Increased fiber intake has also been shown to lower blood pressure and cholesterol levels, improve insulin sensitivity, and enhance weight loss for obese individuals.

Diet

Avocado can be mashed and spread on toast instead of butter, or sliced and added to a sandwich or salad.

You can tell how ripe an avocado is by gently pressing into the skin. If the avocado is firm and does not budge, you will need to let it ripen for a few days before consuming. Soft avocados make great guacamole or dip, while firmer avocados are great for slicing and adding to a salad or a sandwich. To speed up the ripening process, place an avocado in a paper bag with a banana.

Quick tips:

- *Spread avocado on toast in the morning instead of butter.
- *Use avocado instead of mayonnaise in chicken or egg salad, or as a spread on a sandwich.
- *The soft, creamy texture of an avocado and its mild taste make it a perfect first food for babies.

Risks

It is the total diet or overall eating pattern that is most important in disease prevention and for achieving good health. It is better to eat a diet with variety than to concentrate on individual foods as the key to good health.

If you are taking blood-thinners, such as Coumadin (warfarin), it is important that you do not suddenly begin to eat more or less foods containing vitamin K, which plays a large role in blood clotting.





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