# [Daily fish] Snail

Original Syn is also origami daily 2019-08-05

Touch fish everyday works except special statement
It was **Syn** himself.
A square is not cut or cut
Real shot jumping is normal
Consultation after tutoring

Hello friends, this salted fish is here again (because the salt on the body is already three feet thick), today I will bring you a real shot of a snail.

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Snails are of high edible and medicinal value. Rich in nutrition and delicious in taste, it is high in protein, low in fat, low in cholesterol, rich in more than 20 amino acids and rich in snail enzymes, SOD, etc., among which the protein content is higher than that of turtles, pork, beef, and eggs by 1, 11, and 3 and 7 percentage points, while the fat content is only 1 / 18.1 / 272.1 / 92 and 1/70 of turtle, pork, beef and eggs; selenium content per gram of snail beef is 0.45μg, which is 4.5 times that of tea. Snail is a terrestrial mollusc with high edible, medicinal and health care value. Its edible and medicinal history has been over 2,000 years.

It is determined that every 500 grams of snail beef contains 90 grams of protein and amino acids, vitamins, calcium, iron, copper, phosphorus and other nutrients required by the human body. It is a high-protein, low-fat food. Snails are cold and salty. With heat, swelling, detoxification, diuretic, asthma, soft and firm functions. Containing enzymes can eliminate stasis, glutamic acid and aspartic acid can enhance the vitality of human brain cells. Scientists believe that eating more snails can have a nutritional and cosmetic effect on the skin and hair.

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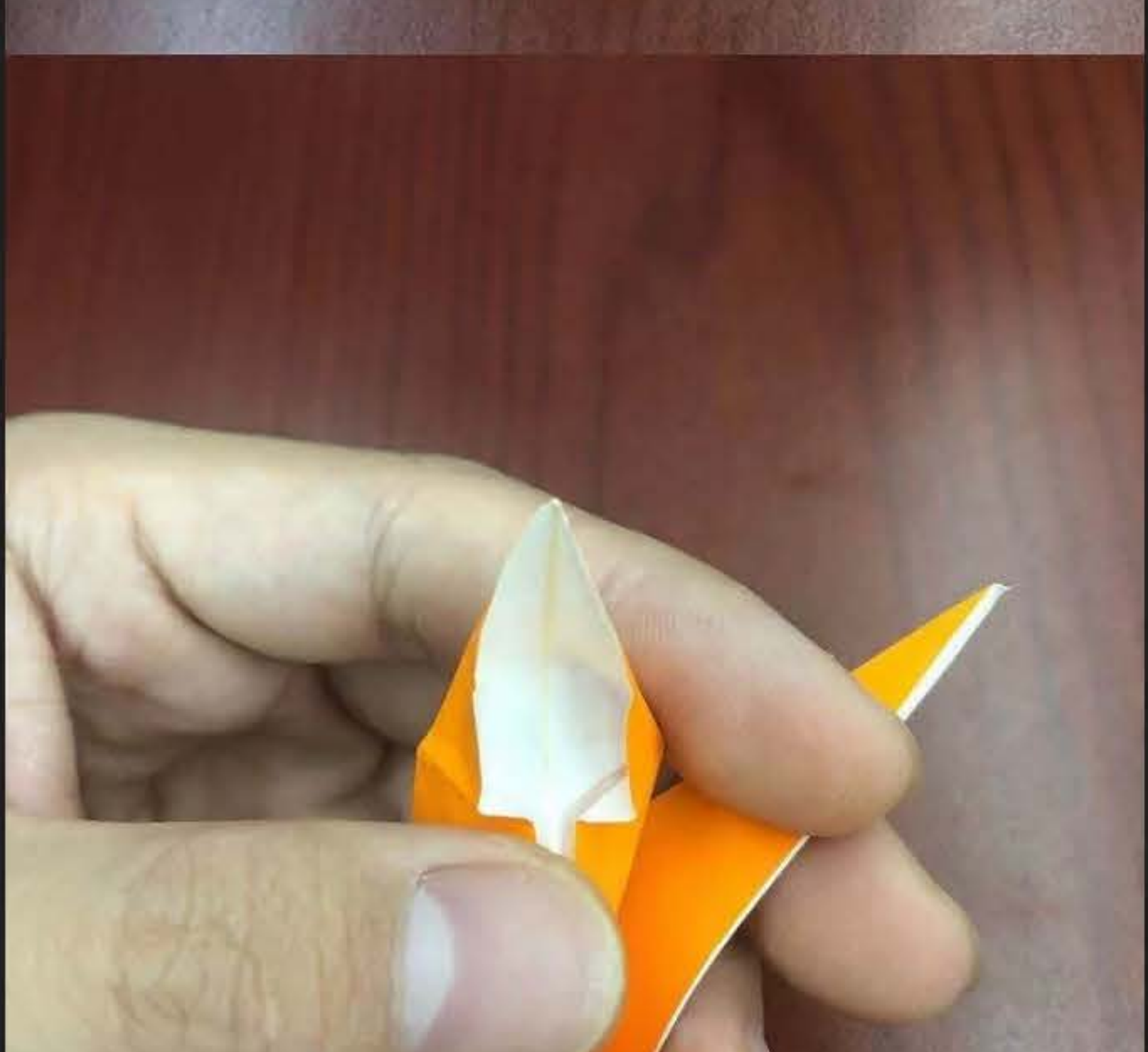
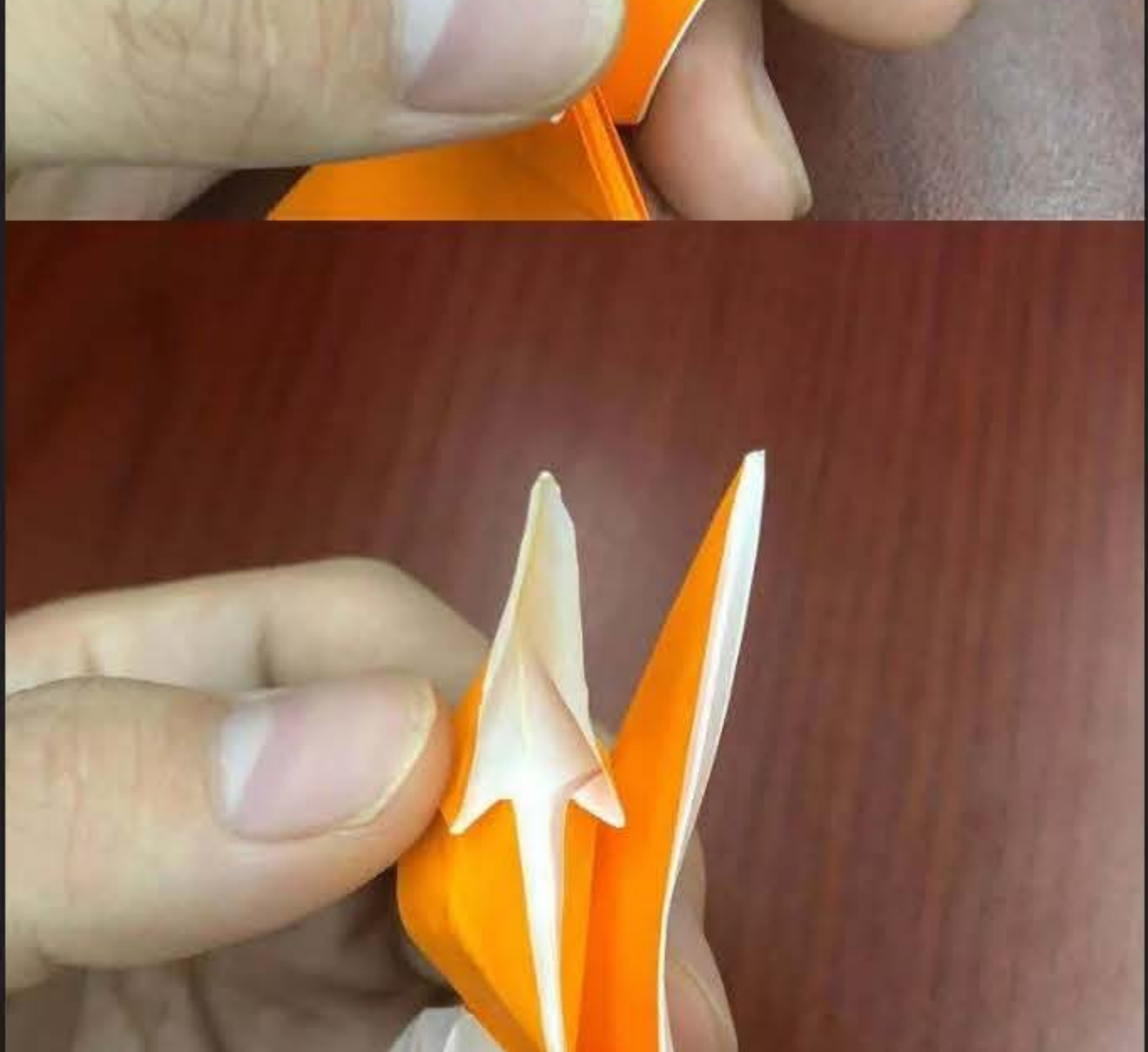
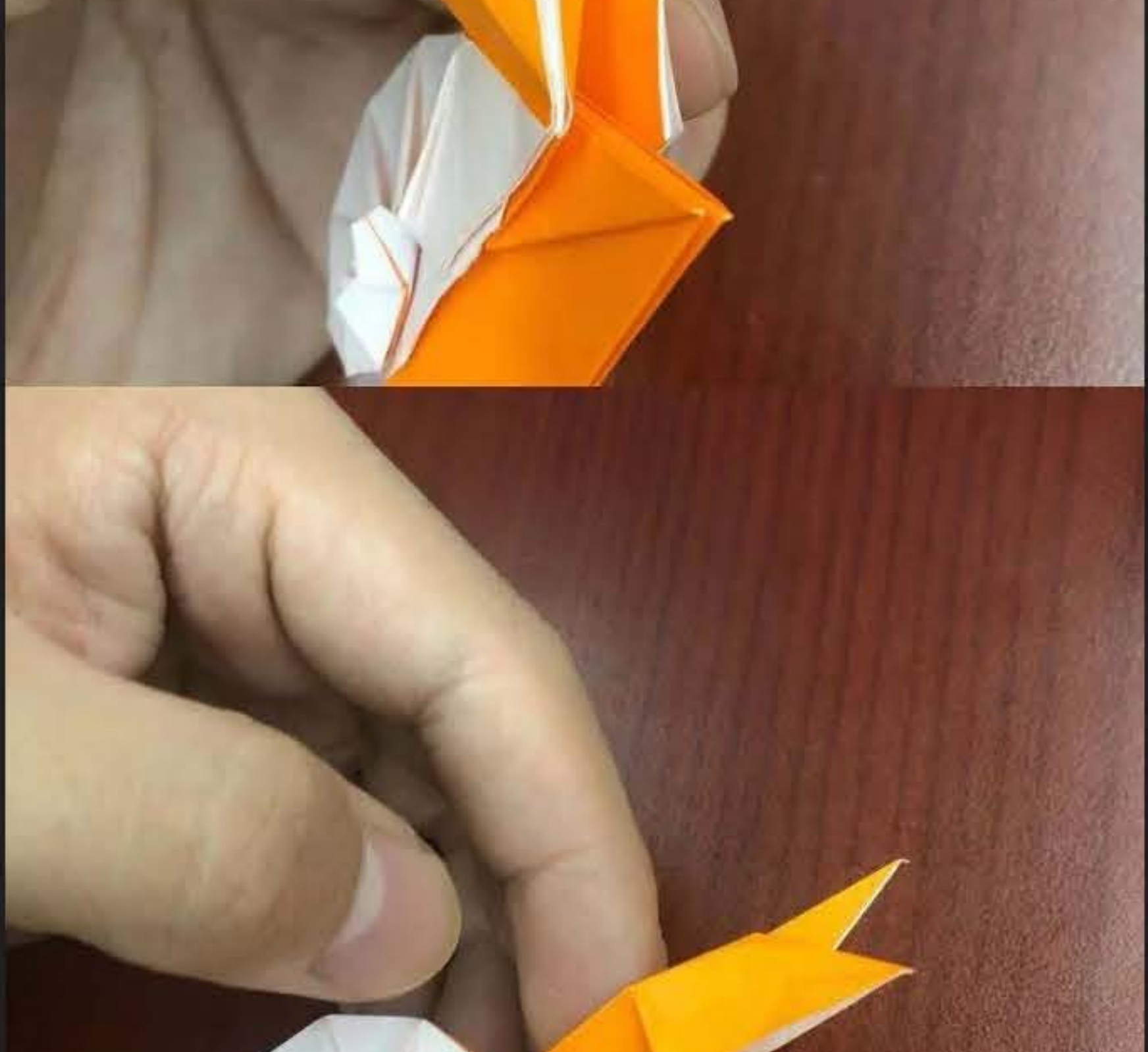
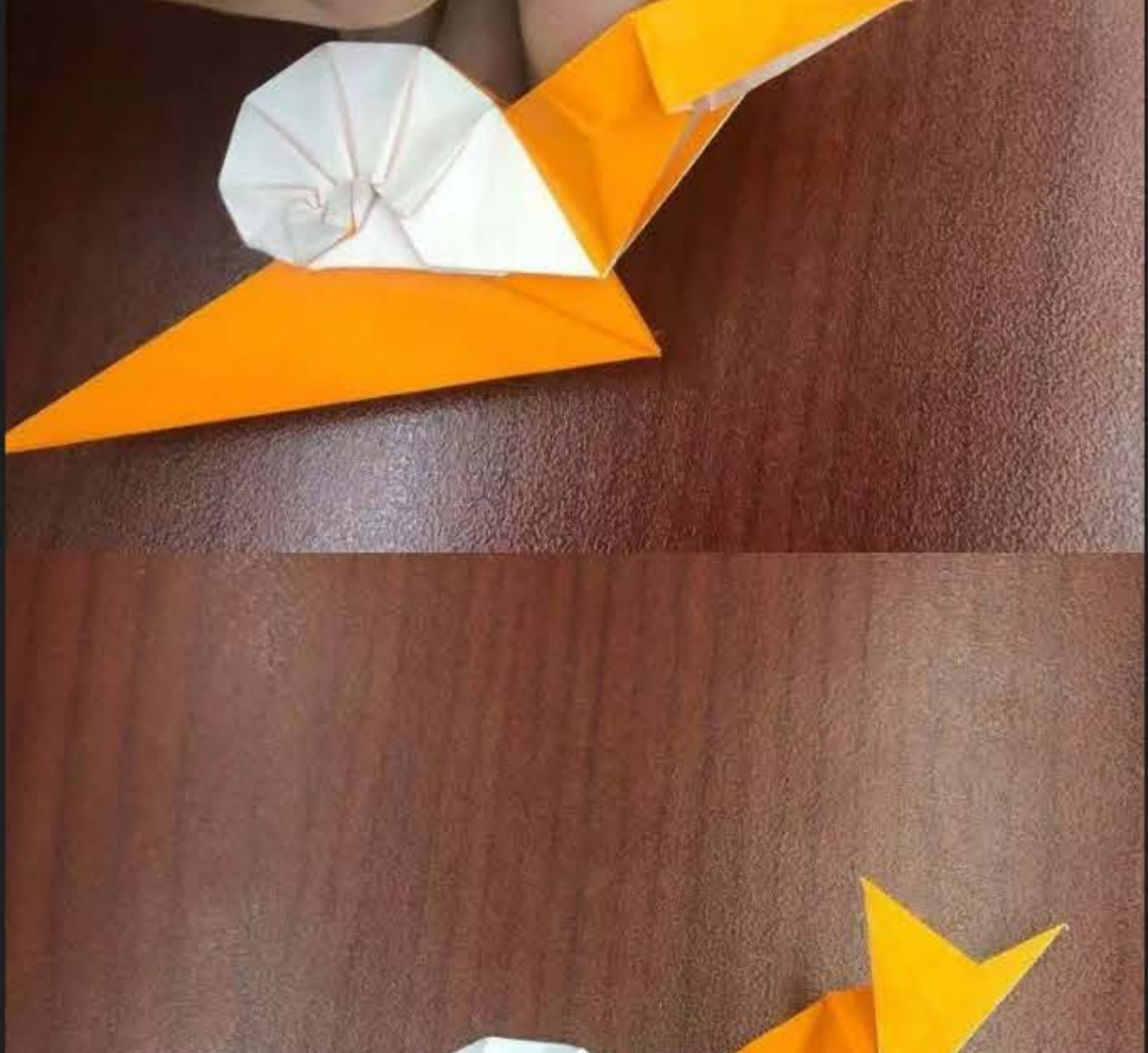
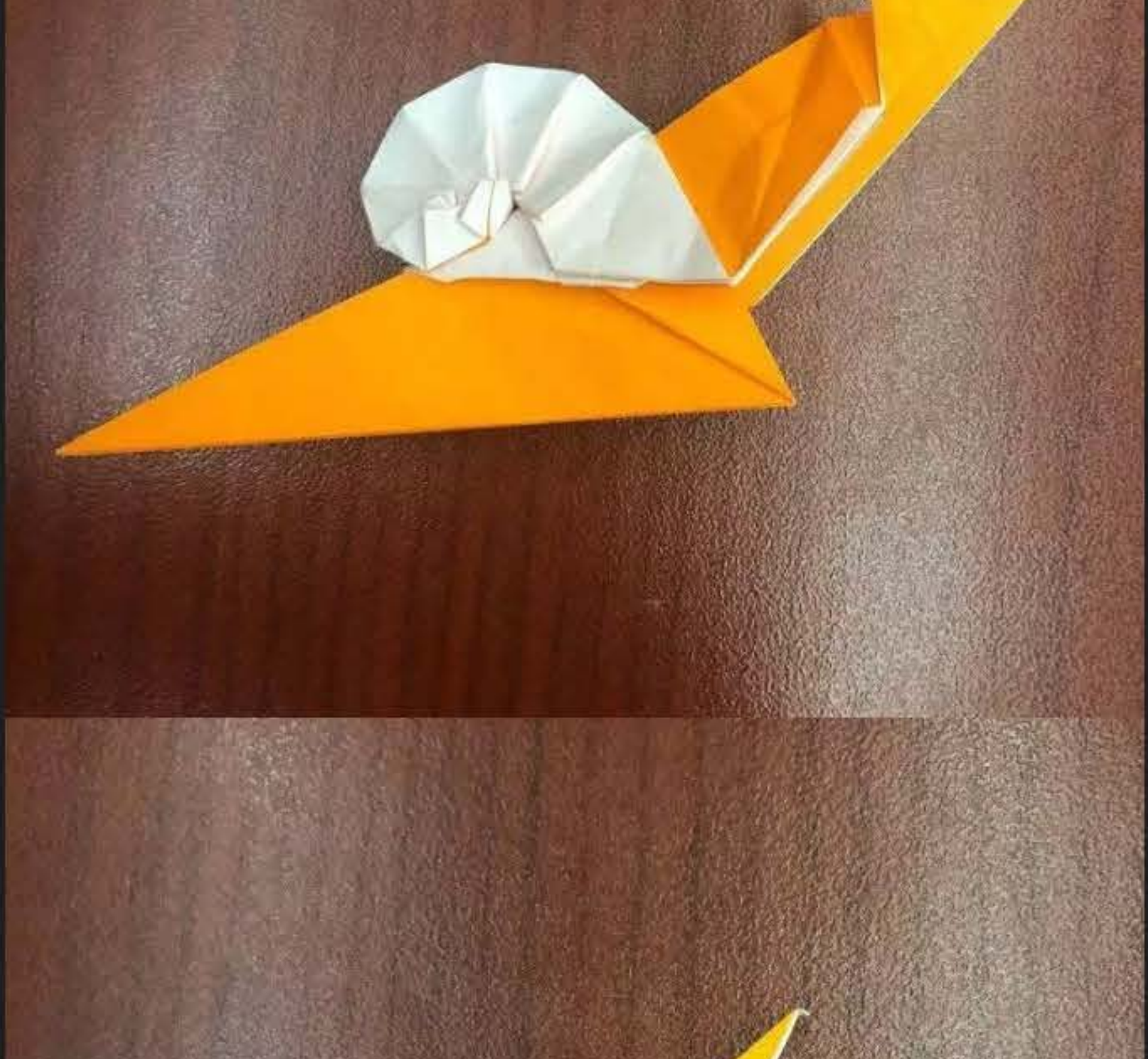
The actual shooting paper is muji. It is recommended to use paper 15 ~ 20cm. Muji can be folded. Not much to say.

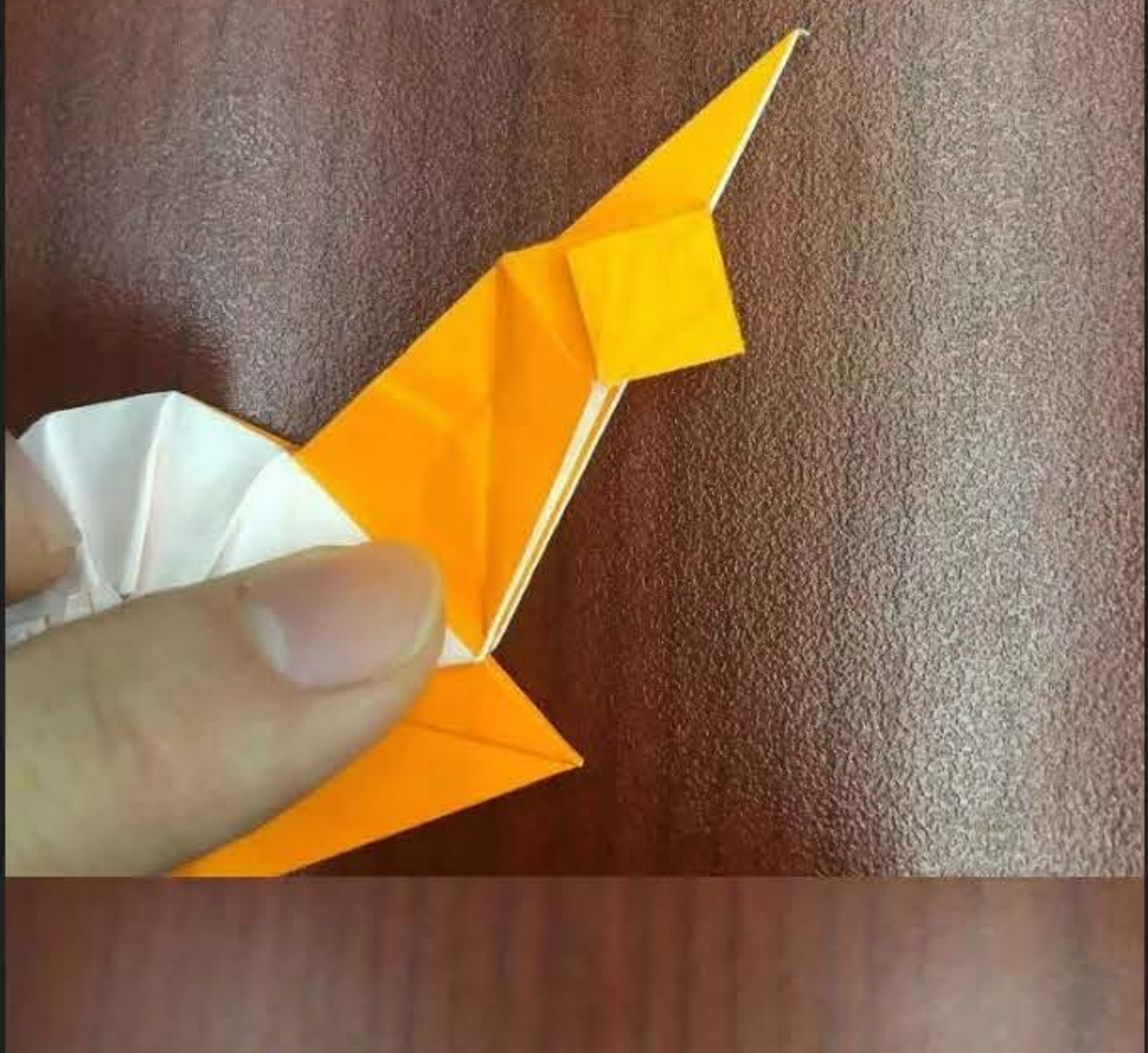


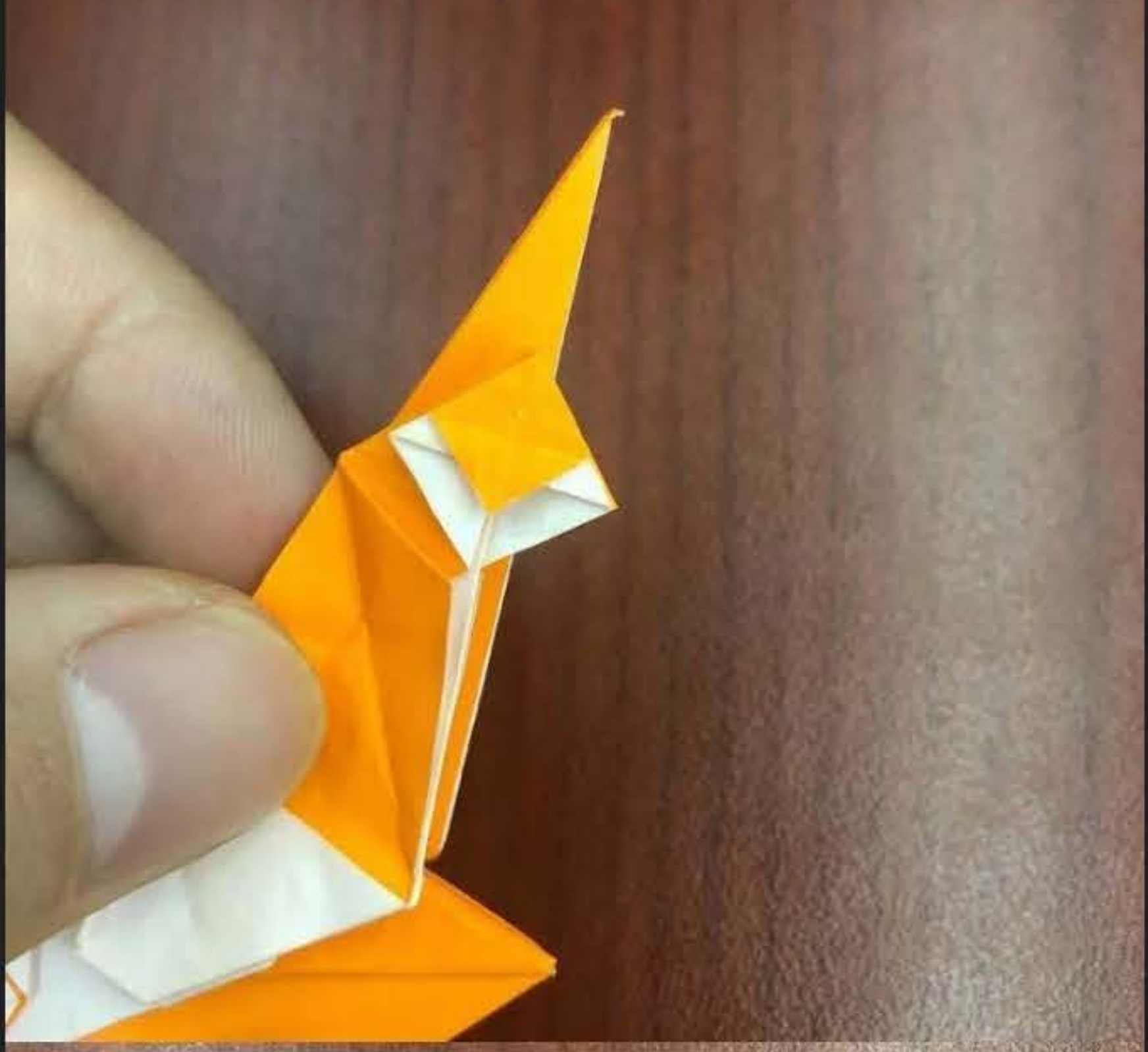


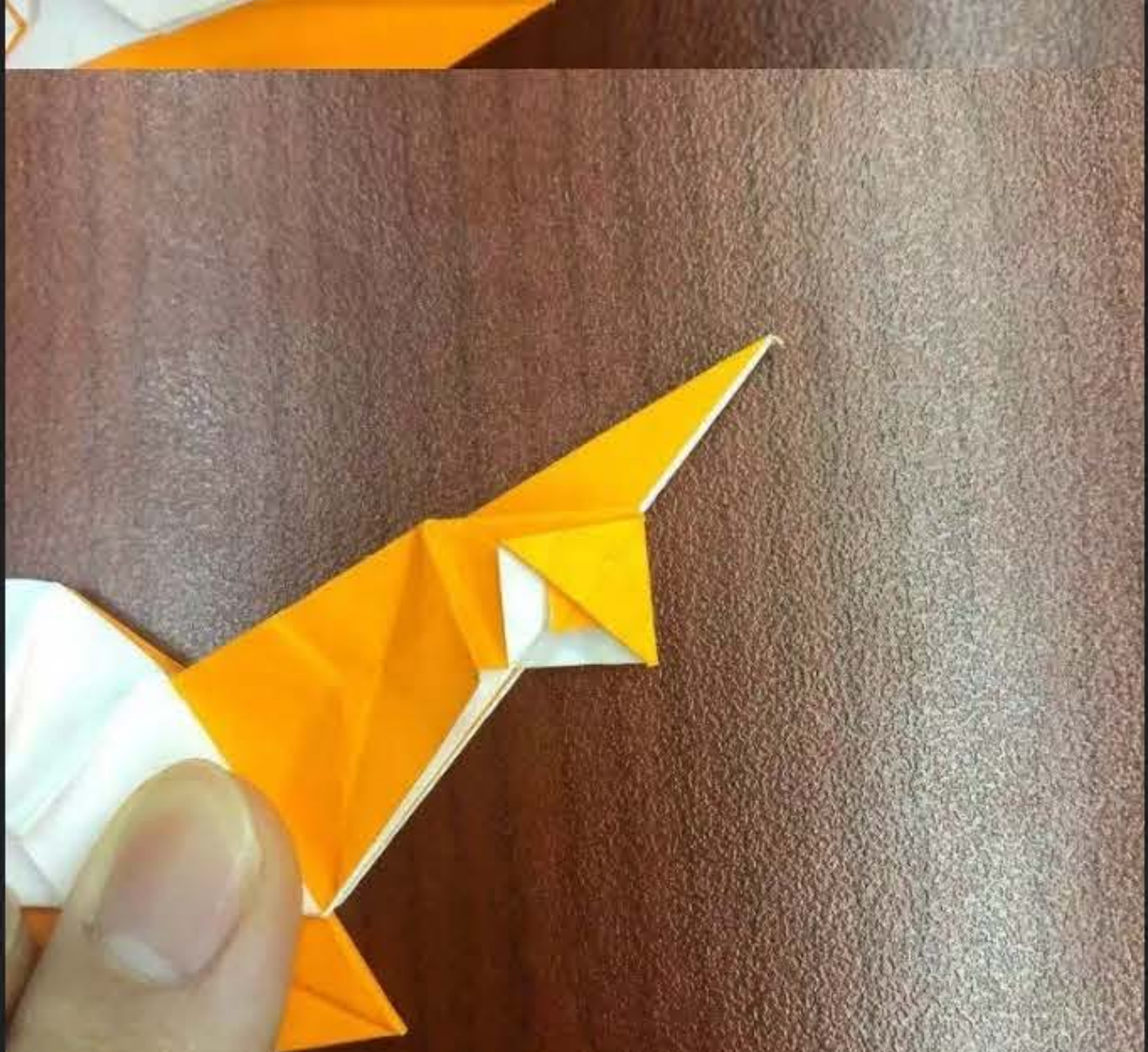


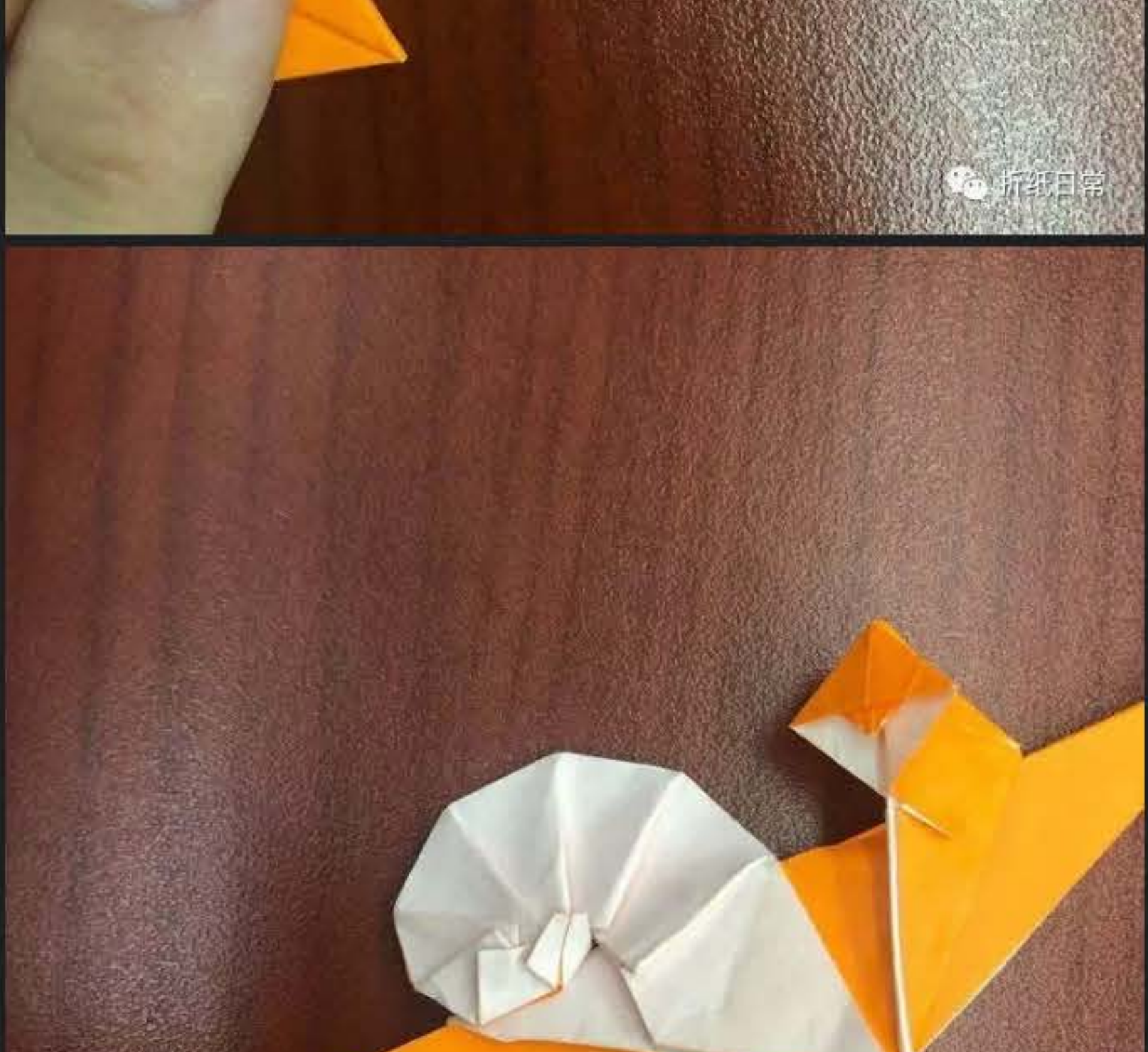


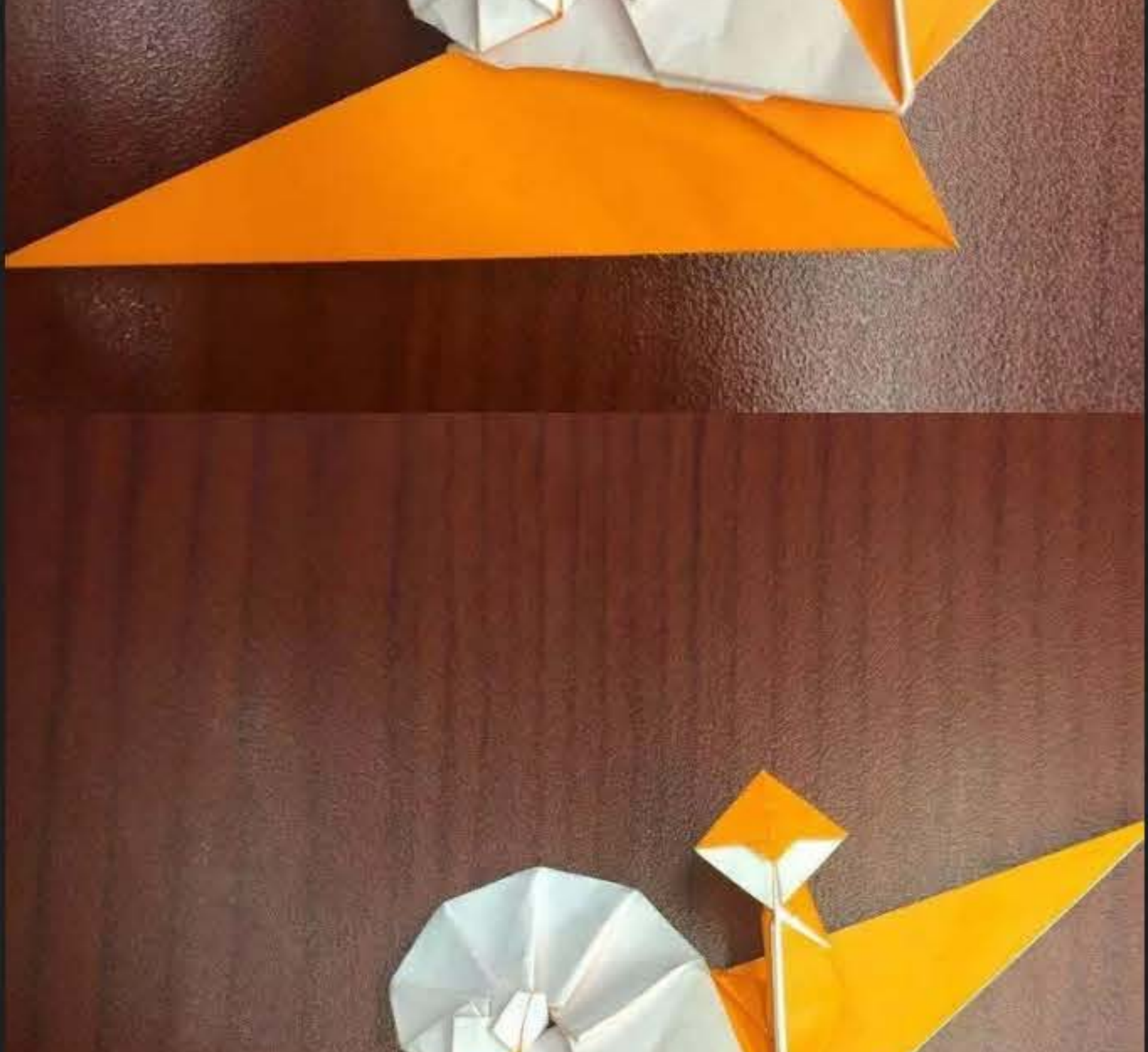


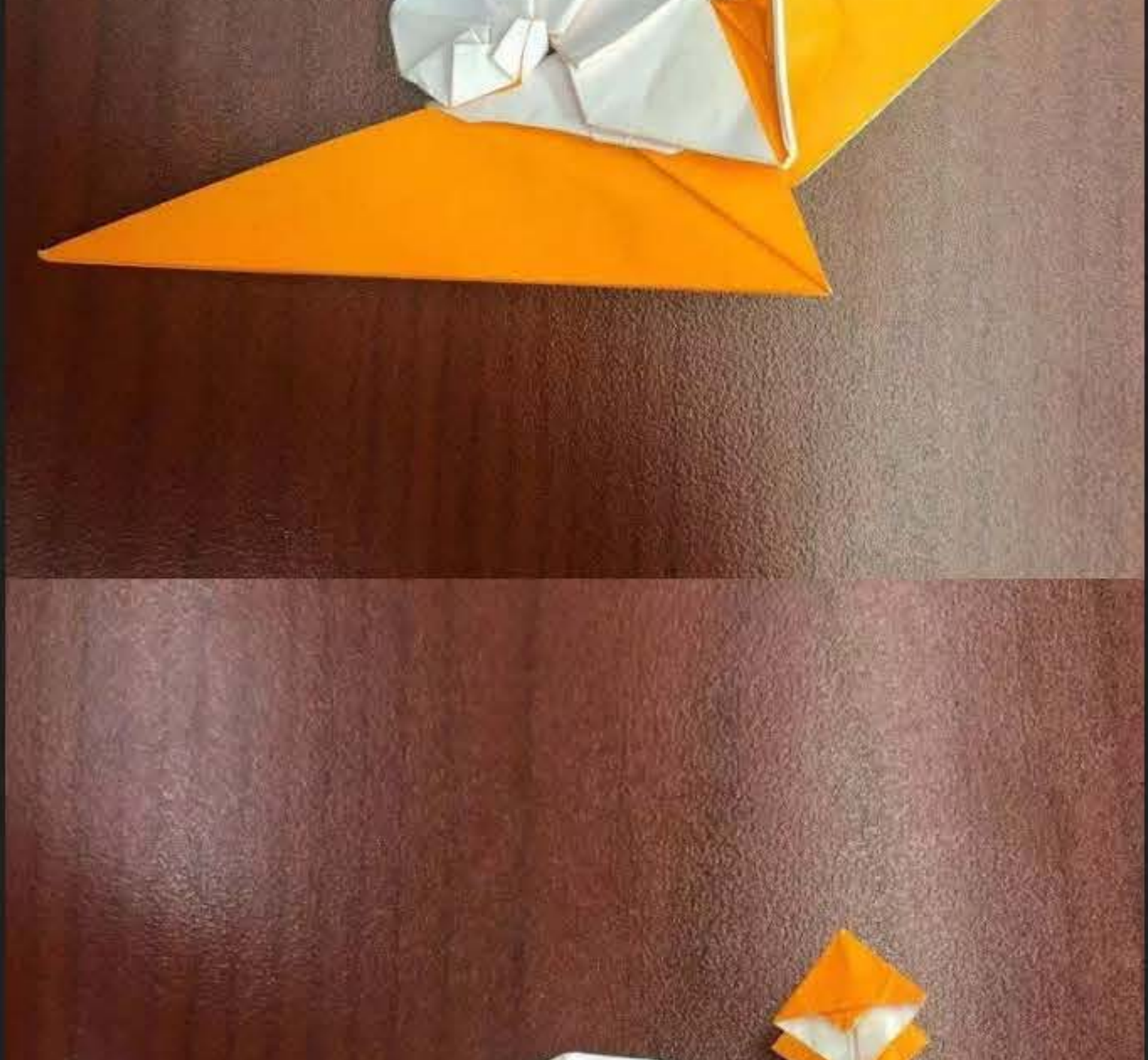


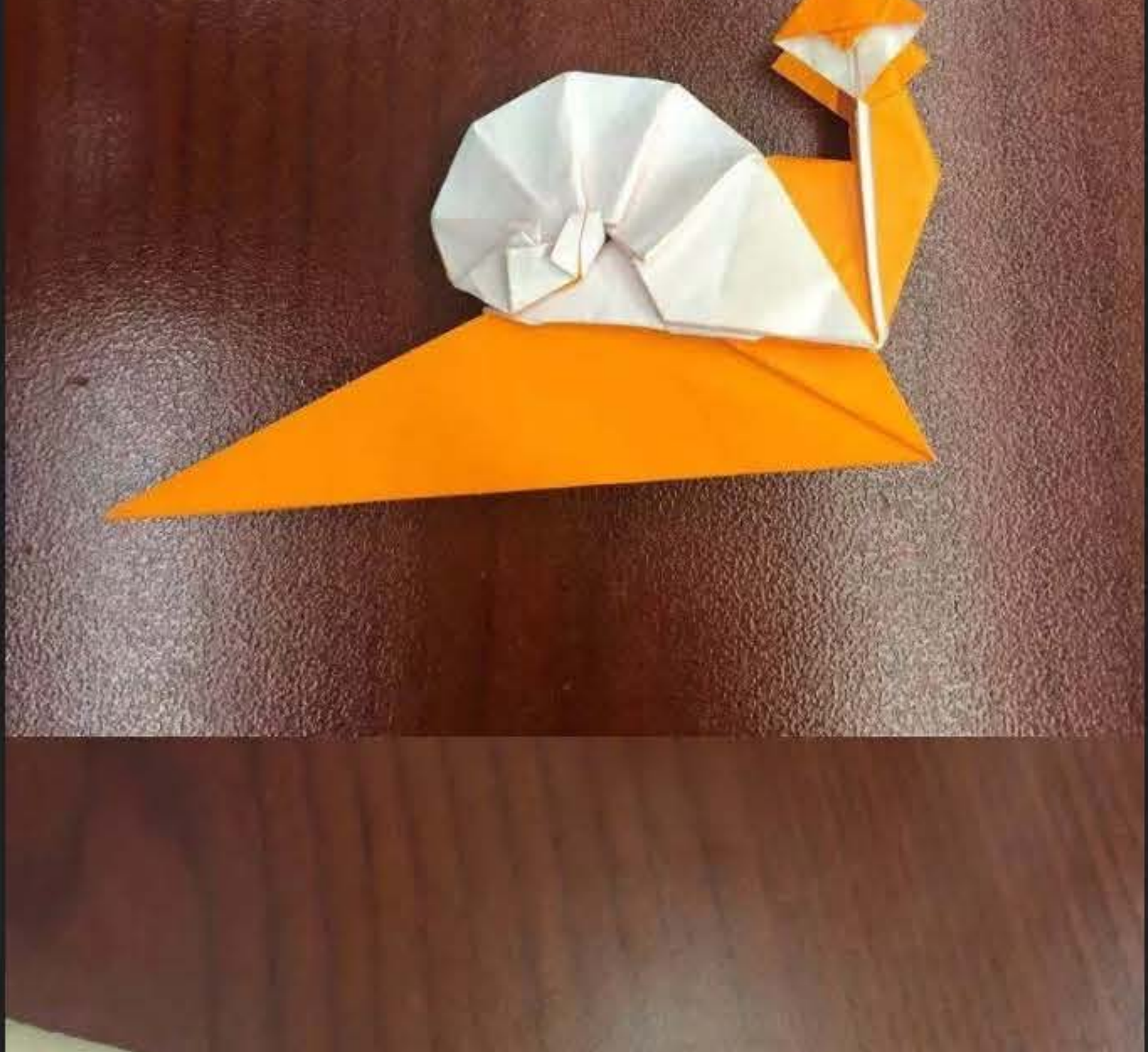


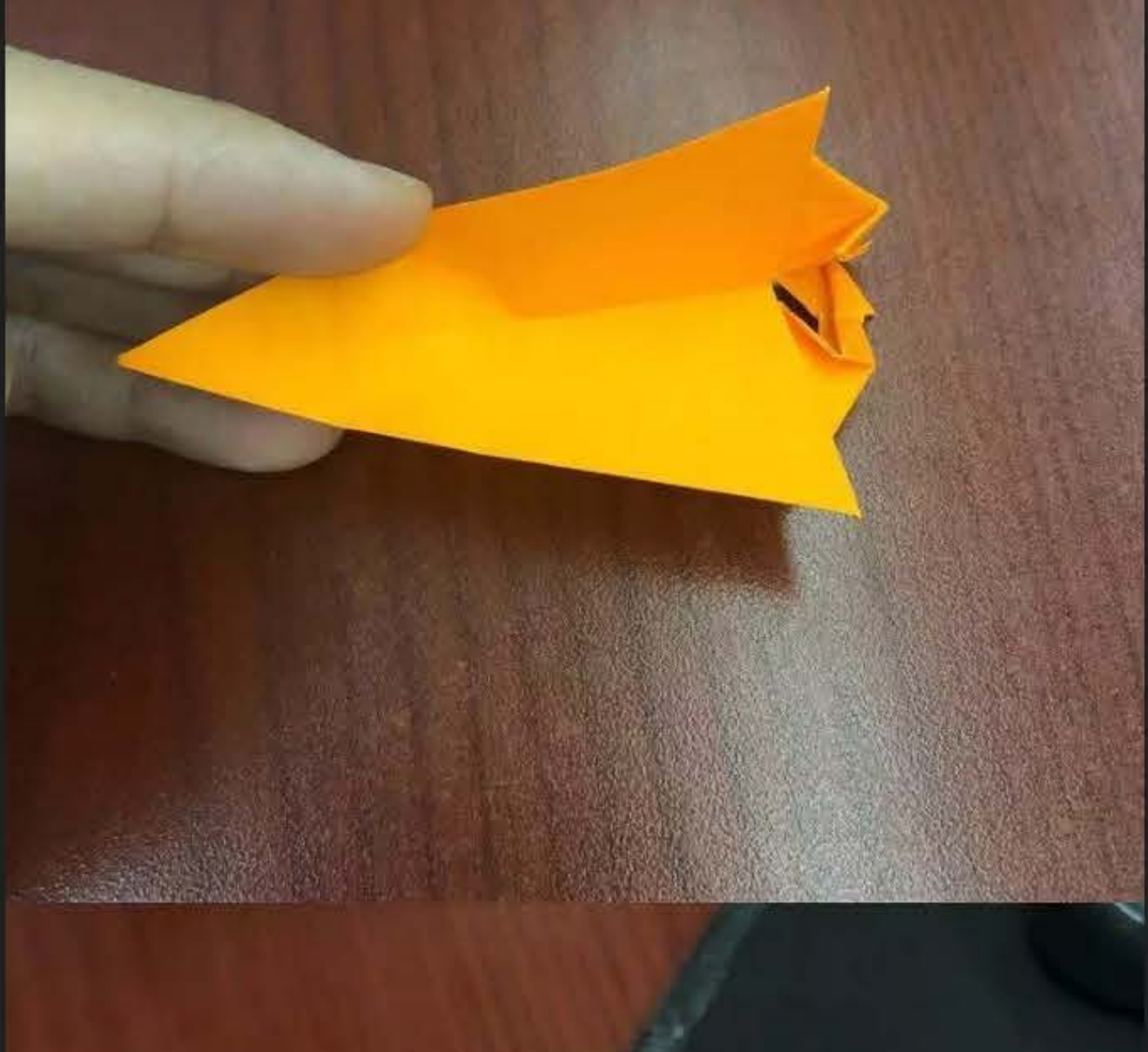


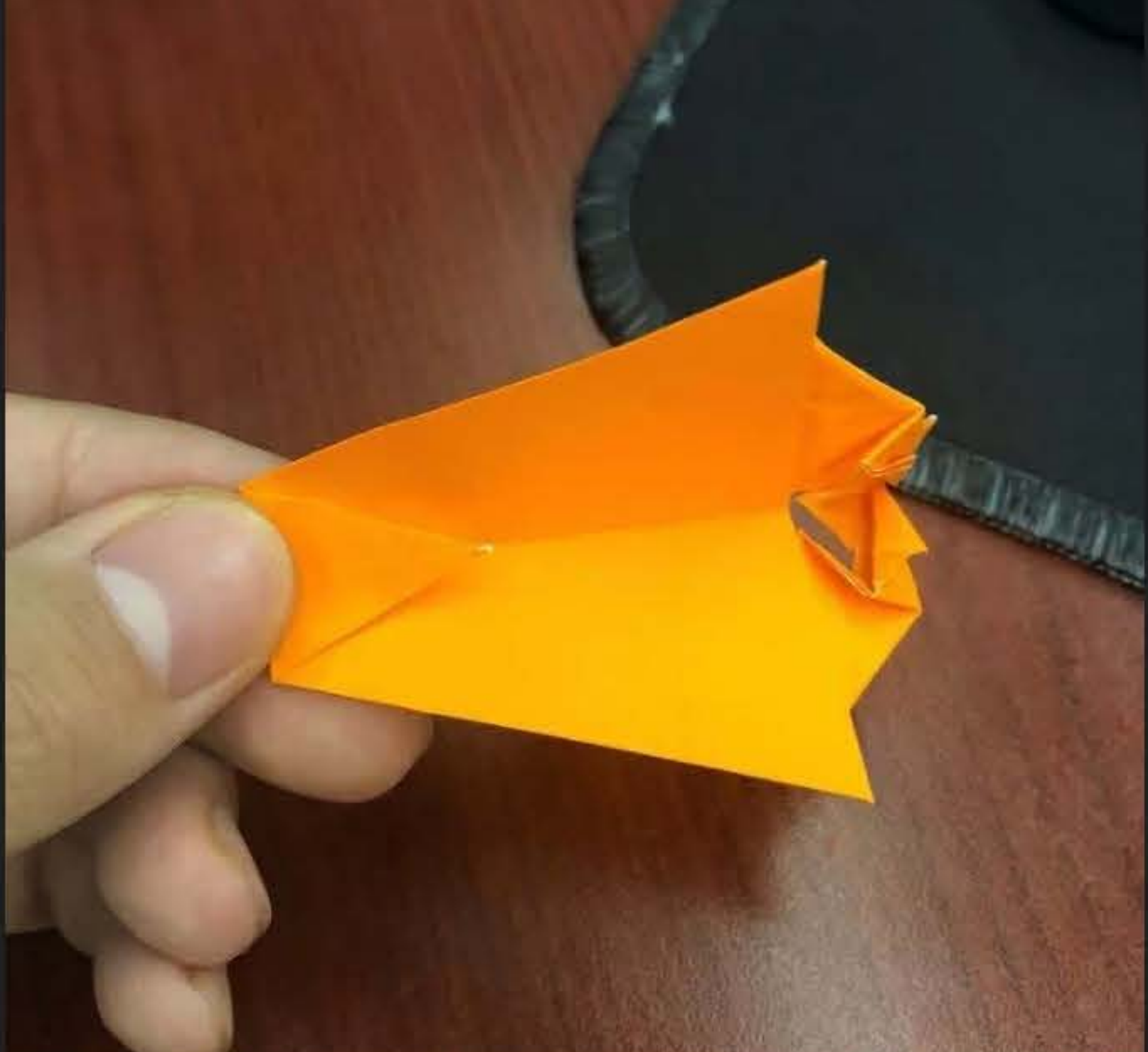


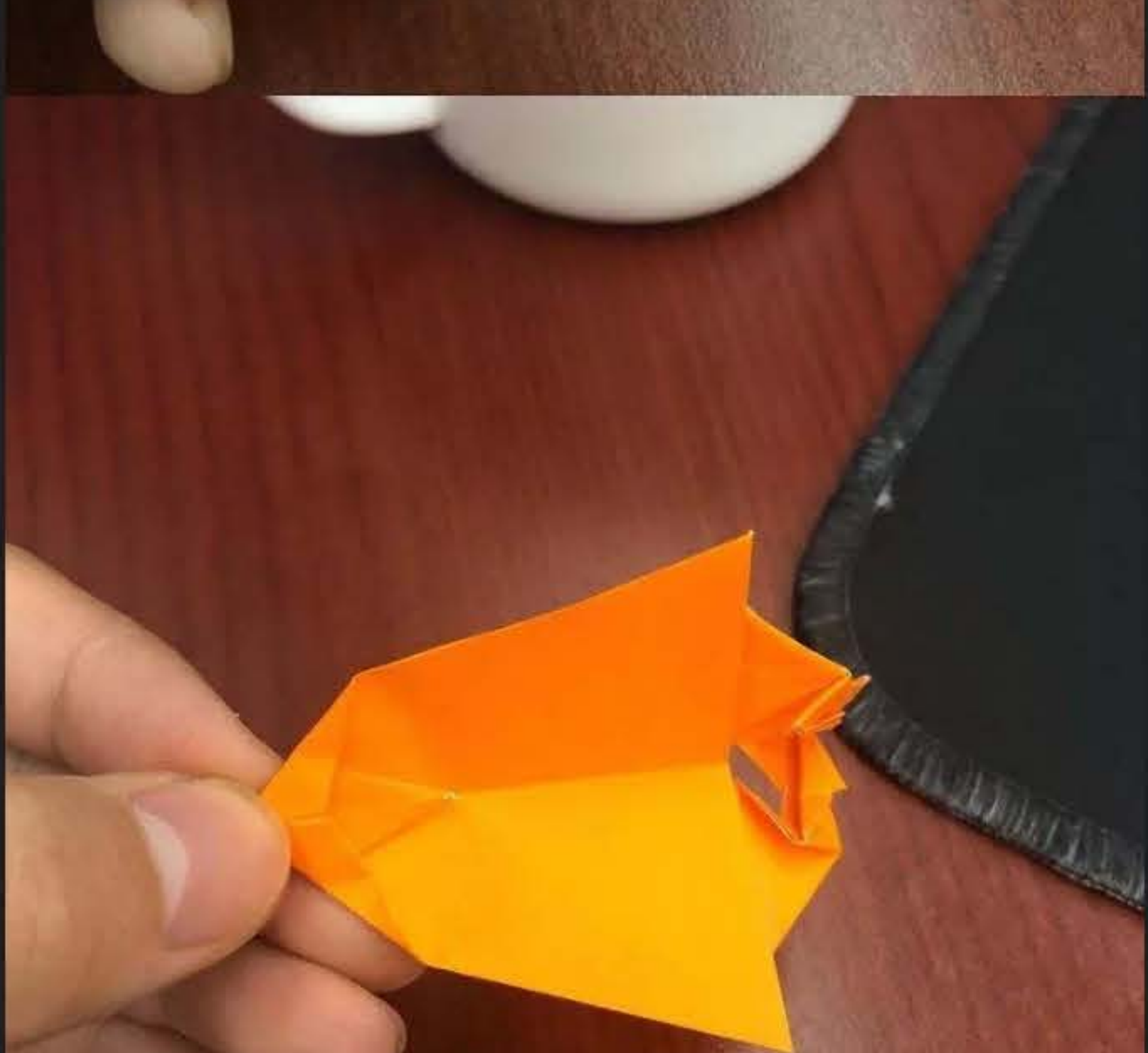


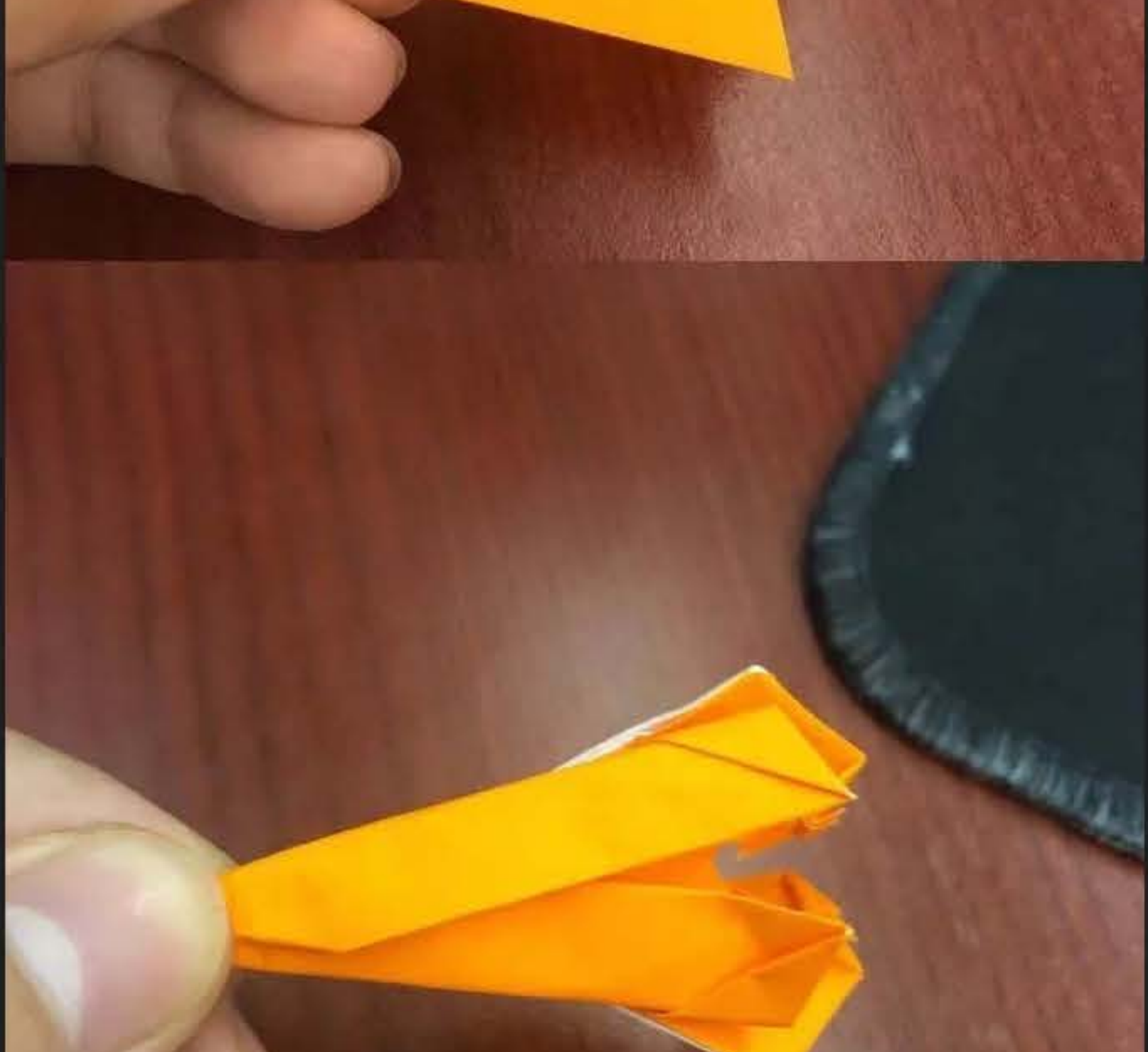


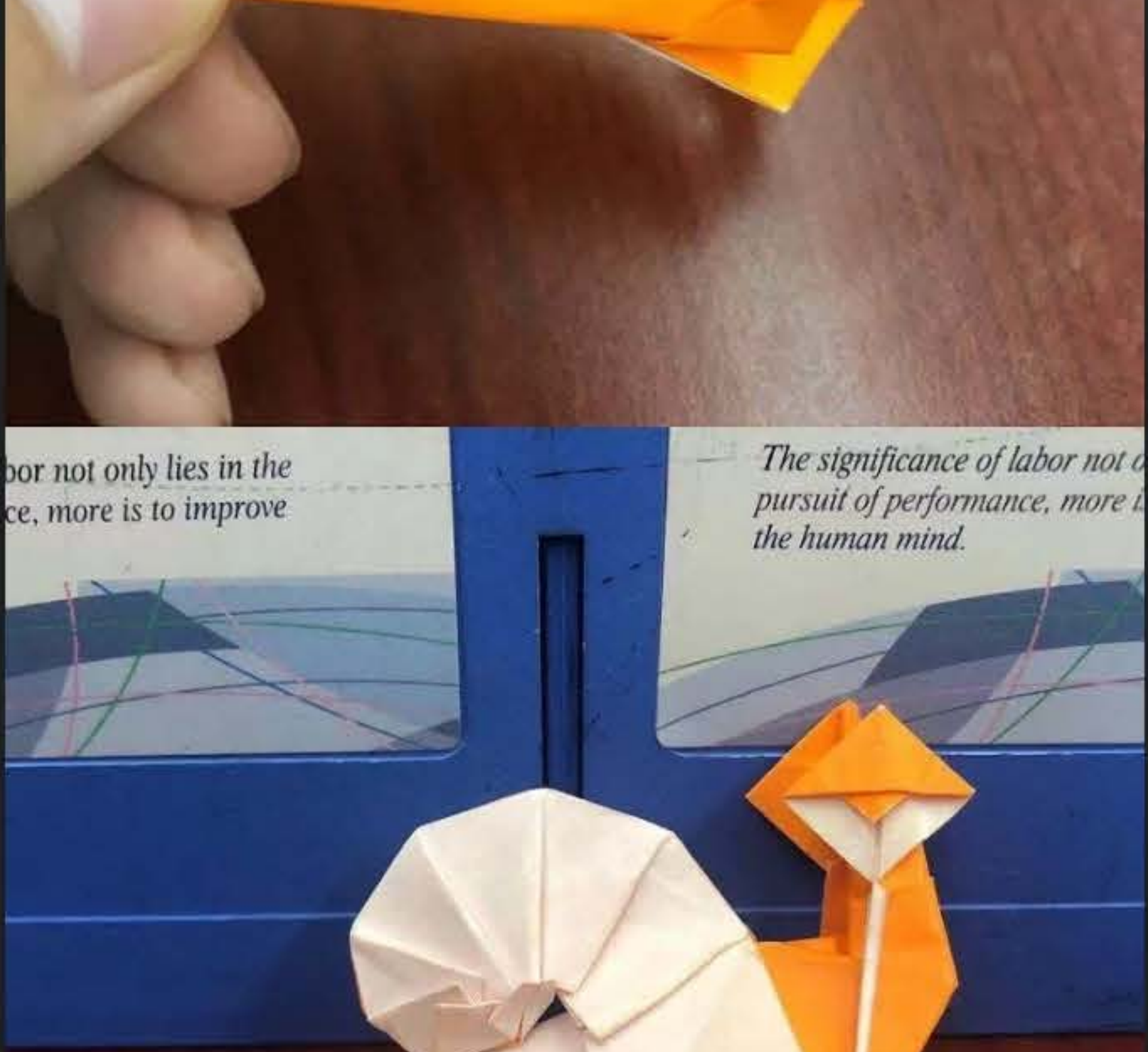


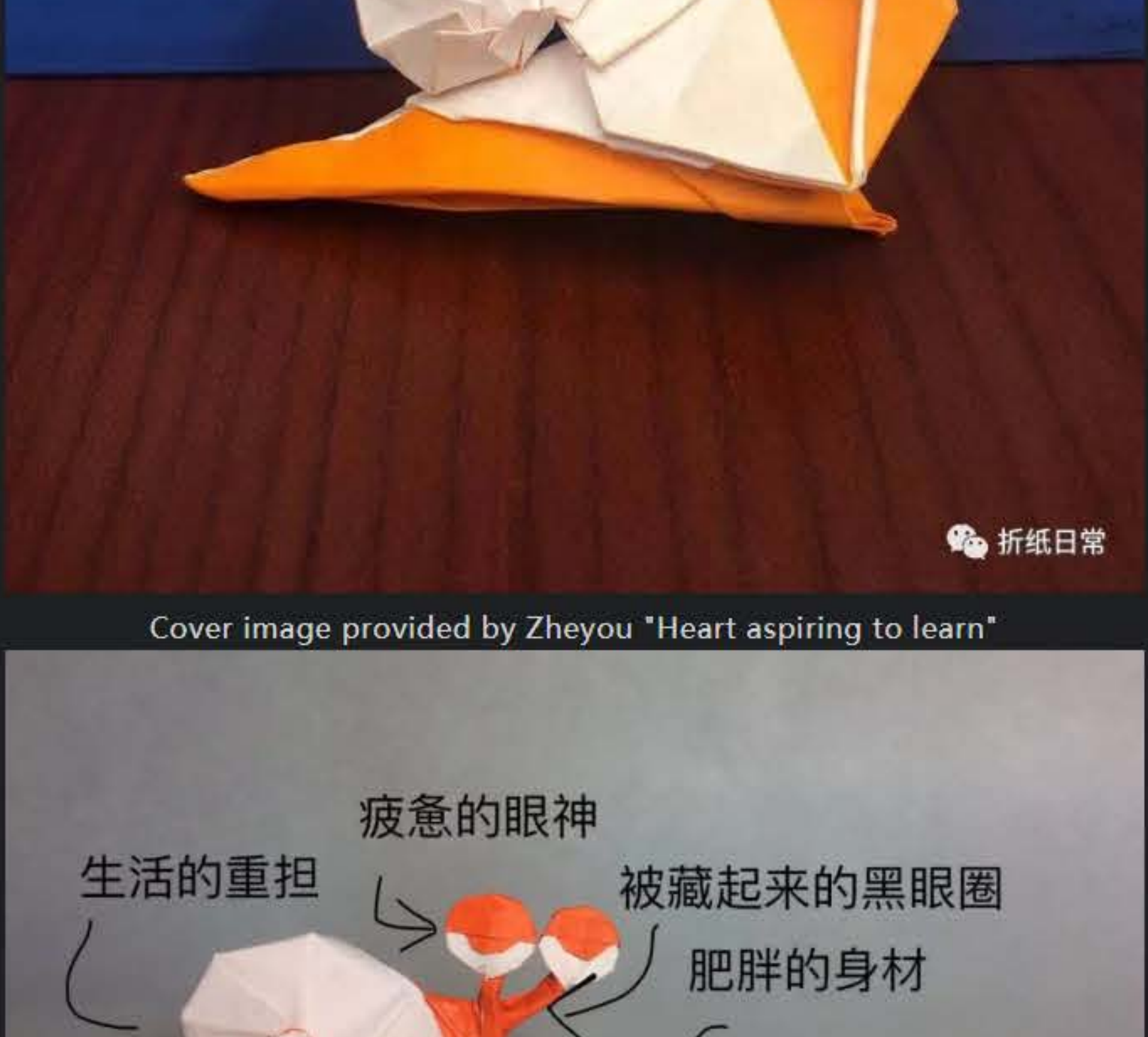








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The significance of labor not o
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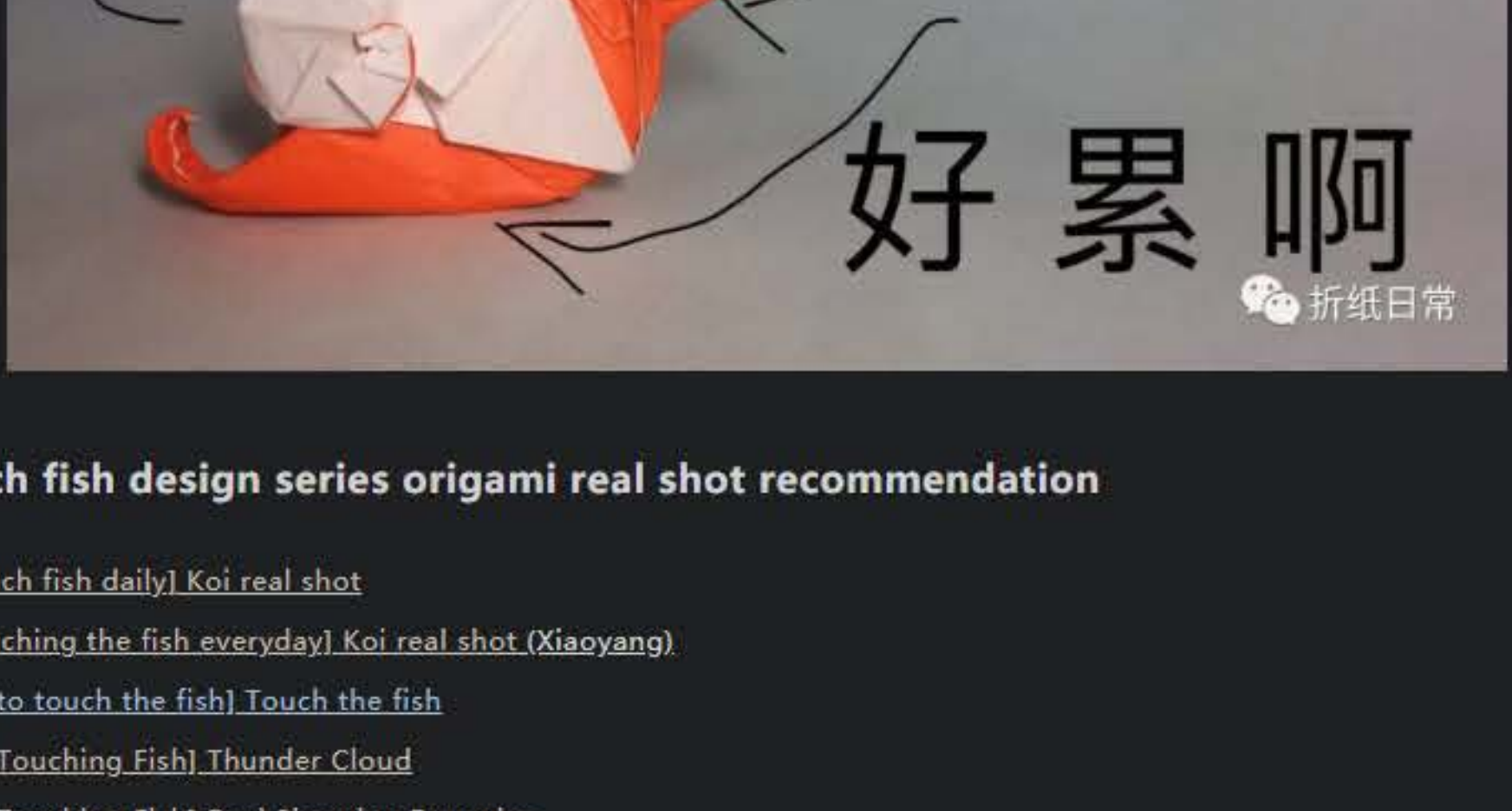
the human mind.
折纸日常

Cover image provided by Zheyou "Heart aspiring to learn"


疲惫的眼神
生活的重担
被藏起来的黑眼圈
肥胖的身材
好 累 啊
折纸日常

## Touch fish design series origami real shot recommendation

★ [Touch fish daily] Koi real shot

★ [Touching the fish everyday] Koi real shot (Xiaoyang)

[Daily to touch the fish] Touch the fish

[Daily Touching Fish] Thunder Cloud

[Daily Touching Fish] Real Shooting Penguins

[Daily Touching Fish] Real Shot of Narwhal (Salt Salt)

[Daily fish] Cartoon crow real shot

[Daily Touching Fish] Salted Fish No.13

★ [Touching the fish everyday] Tiger head real shot (Syn)

★ [Daily Touching Fish] Shuangyayu Girls Real Shooting (Saoyanwang)

[Daily Touching Fish] Rat

★ [Daily Touching Fish] Owl

★ [Touching the fish everyday] White bear real shot

★ [Daily Fish Touch] Dragonfly

★ 【Touching Fish Everyday】 Fish No.19

★ [Touching the fish everyday] Coo coo

★ [Fish Touch Daily]

★ [Daily Fish Touch] Crocodile

Focus, don't get lost