

Going Bananas!!!

Did you know...?

Bananas contain 3 natural sugars—sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy.

Research has proven that just two bananas provide enough energy for a strenuous 90 minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

Anemia: High in iron, bananas can stimulate the pro-



duction of hemoglobin in the blood and so helps in cases of anemia.

Blood pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the USFDA has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain power: 200 students at a school in Middlesex, England were helped through their exams this year by eating bananas at breakfast, break-time and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in your diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn try eating a banana for soothing relief.

Morning sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito bites: Before reaching for the insect cream, try rubbing the affected area with the inside

of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Strokes: According to research in the New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%.

Warts: Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart with the yellow side out. Carefully hold the skin in place with a plaster of surgical tape.

Weight control: instead of snacking on cookies or chips try a banana to decrease your appetite.

Stress: Potassium of a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels.

This can be re-balanced with the help of a high potassium banana snack or shake.

