

The benefits of bananas!

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- 1. Anaemia:** High in iron, bananas can stimulate the production of haemoglobin in the blood and so helps in cases of anaemia.
- 2. Blood Pressure:** This unique tropical fruit is extremely high in potassium, yet low in salt, making it the perfect food for helping to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.
- 3. Hangovers:** One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.
- 4. Heartburn:** Bananas have a natural antacid effect in the body, so if you suffer from heart-burn, try eating a banana for soothing relief.
- 5. Morning Sickness:** Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.
- 6. Mosquito bites:** Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.
- 7. Nerves:** Bananas are high in B vitamins that help calm the nervous system.
- 8. Smoking:** Bananas can also help people trying to give up smoking, as the high levels of Vitamin C, A1, B6, B12 they contain, as well as the potassium and magnesium found in them help the body recover from the effects of nicotine withdrawal.
- 9. Stress:** Potassium is a vital mineral, which helps normalise 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. These can be re-balanced with the help of a high-potassium banana snack.
- 10. Ulcers:** Banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronic ulcer cases. It also neutralises over-acidity and reduces irritation by coating the lining of the stomach.