

## **Bananas act as all purpose remedy**

**Question:** I read your article about apples and was interested to know what you thought about bananas as a healing fruit?

**Answer:** It could be true to say a banana a day keeps the doctor away and be more accurate than if you ate an apple a day. Bananas are commonly known for their high potassium content, which is helpful for patients with increased sodium in their system such as in blood pressure conditions. This potassium-packed fruit also boosts brainpower and makes students more alert. The combination of potassium and its high fiber content also assist the body in performing normal healthy bowel movements and minimizing heartburn as well as reduce ulcers by coating the stomach with its soft texture. They also reduce over-acidity and irritation in the stomach.

Bananas help reduce hangovers by building up depleted blood-sugar levels. Pregnant women eat bananas to combat morning sickness for the same reason.

Bananas are rich in B vitamins that help the nervous system. Recent research showed that patients with depression felt much better after eating a banana. This occurs 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. The B6 vitamin in bananas helps regulate blood-glucose levels.

Additional benefits of bananas include reduction of PMS symptoms, memory support, temperature control, weight reduction, and reducing the chance

of strokes. Bananas assist in smoke cessation also. The B12 and B6 vitamins contained along with potassium and magnesium help the body recover from the effects of nicotine withdrawal and therefore assist people trying to give up smoking.

Finally the last benefit of a banana is stroke reduction and according to *The New England Journal of Medicine*, “Eating a banana as part of your regular diet can cut risk of death by as much as 40 percent.”

**Quote of the week:** *“The sweetest pleasures are those that do not exhaust hope.”* – Author unknown