

Fruit that heals!



Nutritional Highlights: The most VALUED FOOD we have is a Banana. Has 3 kinds of sugars - Sucrose, Fructose and Glucose combined with dietary fiber; high in Vitamin B1, B2, B3, B6, Iron, Potassium and low in Vitamin B5, B12, salt, saturated fat and cholesterol; high in copper that can prevent greying hair!

Health Benefits: Bananas can give **INSTANT SUBSTANTIAL ENERGY BOOST** to the body; can **RELAX** you, improves your **MOOD** & helps you stay away from **DEPRESSION** (no doubt the Monkeys are always happy!); **INCREASES HEMOGLOBIN** in the blood, good for treating **ANEMIA**; reduces the risk of **BLOOD PRESSURE & STROKE**; reduces **CONSTIPATION**, treats **HEART BURNS** and is the quickest cure for **HANGOVERS**; increases **BRAIN POWER** making you more **ALERT**; Controls the **BLOOD SUGAR LEVELS** in the body, and calms the **NERVOUS SYSTEM**; Neutralizes **ACIDITY** and helps in controlling **ULCERS**; fruit for the **STRESSED** and those who wish to **GIVE UP ON SMOKING!**

Consumption: Eating just the ripe bananas are good for health as the content of carbohydrate is lesser, compared to eating it when it is too ripened! It is better to start **eating a Banana everyday** and add this wonder fruit in your daily diet, The most abundantly available fruit, **Banana is one of the best natural treasures we have!**

Compiled for reader reference. We do not undertake any responsibility in case of any health damage through the given information.
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