

SUNDAY MORNING

HEALTH CORNER

Bananas

Americans eat more bananas each year than any other fresh fruit. Bananas are more than a just a sweet, delicious snack. After discovering their many health benefits, you'll find you have every reason to add them to your diet.

Here is a list of reasons to eat bananas that may surprise you:

- **Lower blood pressure.** Bananas are high in potassium and low in salt. According to the FDA, they're able to lower blood pressure and protect against heart attack and stroke.
- **Heartburn relief.** Bananas are a natural antacid, providing relief from heartburn and acid reflux.
- **Skin irritation.** Rub the inside of a banana peel on bug bites or hives to relieve itching and irritation.
- **Poor digestion.** Bananas are an excellent source of prebiotics, or non-digestible carbohydrates that act as food for gut bacteria and improve digestion.
- **More energy.** Rich in glucose, the most easily digestible source of sugar, bananas will provide energy before, during, and after your workout.
- **Fight disease.** Foods with large amounts of carotenoids such as bananas have been shown to protect against chronic disease, including certain cancers, cardiovascular disease, and diabetes.
- **Improved vision.** Bananas contain vitamins A and C, which are both shown to be eye and skin-healthy nutrients.

This abundance of health benefits and wealth of nutrients make bananas a superfood that should be a regular part of your healthy diet.

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