

THE health advantages of bananas and some common foodstuffs

By Andrew Osei-Bimpong

MSc. Csci.(Port'smth) FIBMS, MIHM
PGDipMgmt (London)

**Senior Chartered Scientist-
Tiscanlabs**

TISCANLABS HEALTH GUIDE

The **Pomegranate** fruit has a great ability to serve as an oxidant in removing cancerous poisons from the body, we also learnt about the importance of drinking at least eight glasses of water, this habit serves to cleanse and enhance kidney function. We have also learnt about how lentils, beans and pulses serve to improve heart function and digestion. Last week we learnt that calcium is important in preventing osteoporosis, a bone weakening condition; particularly among women and children, adequate calcium is important. A glass of milk, a small pot of low-fat yogurt and a match-box sized piece of cheese is adequate for the recommended daily allowance. If you don't like these, don't be anxious, **soyabeans, sesame seeds Okro, canned sardines(with the fish bones)** are all rich in calcium. Remember, a balanced diet is always important for your health. Look after your body, it is a temple!
Bananas are an exceptionally rich source of *fructooligosaccharide*, a compound that nourishes probiotic

(friendly) bacteria in the colon. These beneficial bacteria produce enzymes that increase our digestive ability and protect us from unhealthy bacteria infections. Thanks to fructooligosaccharides, probiotic bacteria can increase both in number and functionality, increasing our body's ability to absorb calcium. Bananas and many root vegetables contain especially high amounts of [antioxidant](#) phenolic compounds, while cabbage is rich in sulfur, necessary for effective detoxification of potential carcinogens

Bananas are extremely high in potassium, yet very low in sodium (1mg), thus having a perfect ratio for preventing high blood pressure

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

Please note that this health advice tip is purely advisory and should not replace advice from your medical practitioner nor should any food or drink listed in this sheet be taken without first consulting your Doctor.