

Dear Friends

We've made it through Winter! Really though, except for a few really cold days, it was quite a mild Winter and the last few weeks were as if we were having an early Spring. However, Spring has sprung and we can begin putting all those winter woollies away and prepare for Summer. No doubt we will be then wanting our cooler weather back!!!! Whatever, I do hope you have arrived at Spring, with a spring in your step and feeling healthy and well. Remember last month I was telling you about the benefits of bananas and that they should never be put in the fridge?

### **WHY CAN'T YOU KEEP BANANAS IN THE FRIDGE?**

The answer to this, and to most questions pertaining to the science of food, can be found in Harold McGee's book – **"ON FOOD AND COOKING"**. As you know, bananas grow in hot climates, so they are unused to the cold. If they're kept at a cold temperature, the enzymes that enable them to ripen are inhibited. And as those enzymes become inactive, other enzymes operate more efficiently. Some cause cell damage, while others (browning enzymes) cause the skin to blacken. Bananas, avocados, citrus fruits, pineapples, tomatoes and melons all do best if stored at around 10 degrees centigrade. However, for those of you who like a nice cold banana, you may put them in the fridge once they have ripened, and use them soon after. What else are bananas good for:-----

**MORNING SICKNESS:** Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

**MOSQUITO BITES:** Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin.

**NERVES:** Bananas are high in B vitamins that help calm the nervous system.

**OVERWEIGHT and at work?** Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on a *complex* carbohydrate food such as a banana.

**ULCERS:** The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is possibly the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

**TEMPERATURE CONTROL:** Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

**SEASONAL AFFECTIVE DISORDER (SAD):** Bananas can help SAD sufferers because they contain the natural mood Enhancer, tryptophan.

**STRESS:** Potassium is a vital mineral, which helps normalize 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 rebalanced with the help of a high-potassium banana snack.

**STROKES:** According to research in *The New England Journal of Medicine*, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%.

**WARTS:** Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So, maybe it's time to change that well-known phrase so that we say, ***"A BANANA A DAY KEEPS THE DOCTOR AWAY!"***

**PS:** Bananas must be the reason monkeys are so happy all the time! I will add one here: want a quick shine on your shoes?? Take the **INSIDE** of a banana skin, and rub directly on the shoe.....polish with dry cloth.

**AMAZING FRUIT !!!!**

### **PHENYLPROPANOLAMINE (PPA)**

All drugs that contain *phenylpropanolamine* are dangerous and can cause hemorrhagic strokes (cerebral bleeding) even with the first use. Many medicines for colds contains this PPA. Alka Seltzer Cold Plus is one of them!

**Read your labels - even on medications!**



