

Bananas contain three natural sugars sucrose, fructose and glucose combined with fiber. It is also rich in potassium and is one of the best value foods around. A banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. Here on this page, we will see some of the useful health benefits of bananas.

How do Bananas increase Mens Sexual Performance

Yes, eating Bananas boost male health in the bedroom. Bananas are high in Bromelain and Vitamins B, both of which have been shown to be potent sexual hormone regulators that can increase sexual desire, sexual function and overall virility. Vitamins B increases your energy production and reduces stress. Eating banana before sexual intercourse can help a person last longer in bed. Banana is rich in sugars and carbohydrates. Because of its high sugar content, those who consume it enjoy prolonged energy.

Banana helps to regulate the flow of blood inside the body which lead to a harder and longer-lasting erection. Zinc in banana can help improve one's sperm production. Banana can help increase the testosterone levels in the body, and that is one of the reasons why it should be eaten before intercourse.

Bananas are also rich in magnesium and manganese, the two minerals many men are deficient in and necessary for a healthy and fully functional prostate.

Health Benefits of Bananas

Bananas can be helpful in overcoming depression due to high levels of the Amino acid Tryptophan, which the body convert to Serotonin, Serotonin is associated with mental stabilization such as sleep, has anti-depression and anti-anxiety effects. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood. The unique mix of vitamins, minerals, and low glycemic carbohydrates in bananas has made them a favorite fruit among endurance athletes.

Eating a banana about an hour before working out to allow sufficient time for digestion and top up your glycogen levels to help sustain energy throughout a long workout. One medium banana contains 422 mg of potassium, which your body needs to regulate fluids and prevent muscle cramps and spasms during a workout. Bananas reduce the recovery period after a workout by replenishing potassium and glycogen stores and helping protein reach the muscles if paired with a protein source.

Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation. One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels while the milk soothes and re-hydrates your system. It has a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness. It can help SAD sufferers because they contain the natural mood enhancer tryptophan. The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is 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. Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your bodys water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be re balanced with the help of a high-potassium banana snack.

Are Bananas Good For Loose Motions and Diarrhea



Diarrhea can even be life-threatening, especially in children and the elderly or if you are malnourished or have a weak immune system. Raw, green bananas contain pectin, a fiber that absorbs excess water from the intestines and firms up the stool, and oligofructans that nourish the good gut bacteria that aid in nutrient absorption. Bananas also restore potassium levels, help the body absorb nutrients like calcium, and restore the energy and mass lost after diarrhea, with 100 g of the fruit releasing 116 Kcal.

Bananas are considered helpful to bind stools and cause constipation. So it is best to start your diet with. Consumption of bananas along with a slight amount yogurt is the utmost traditional home therapy to stop diarrhea and it works sensational. Bananas are easily digestible and help replace the lost electrolytes, when the body loses fluids and nutrients due to diarrhoea.