

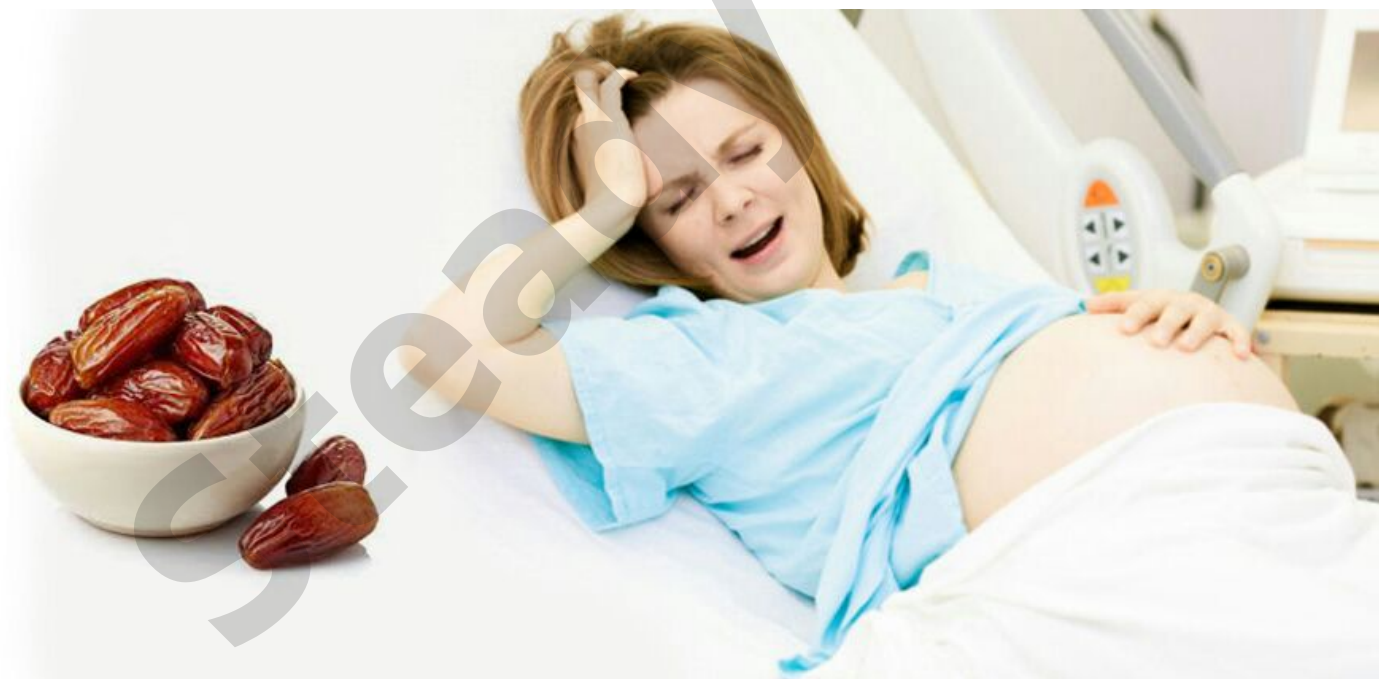
The Date Fruit is one of the sweetest fruits around and also happens to come in many different varieties. It can be eaten fresh, the fruit is very often dried, resembling raisins or plums. But whether fresh or dry, the health benefits of dates are still just as plentiful. Dates were first cultivated as far back as 4000 BC in ancient Mesopotamia. They have been a staple of the Middle East since then and were more recently introduced to other areas of the world. Today, Egypt, Saudi Arabia, and Iran are the top producers of dates.

Benefits of Dates for Men to Enhance the Libido and Empower Performance

Studies have proven that dates can do wonders to enhance the libido of men. Studies also suggest that men having impotence or infertility can also obtain immense relief with consumption of dates. Soak a handful dates in 1 glass of goat milk throughout the night grind it the next day morning with milk, honey, and cardamom. Drink this mesmerizing drink daily for a marvelous sexual life.

Studies reveal that dates are beneficial for increasing sexual stamina. Lead researcher, Dr. Soghra Bahmanpour, found that the high levels of estradiol and flavonoid components increased sperm count and motility. In addition, dates promote an increase in male testes size and weight. Eating dates will promote sperm quality and quantity as it is one of the best natural fruits used for male fertility.

Can Eating Dates During Pregnancy Shorten Labor



Most women feel restless around their due date of delivery and wish for pregnancy labor to begin soon. When it comes to childbirth we all want to have an easy, short, and healthy labor and delivery. There are many natural methods of inducing labor. Other methods and ways of inducing labor are power walking, eating spicy food, consuming pineapple, nipple stimulation, castor oil or an enema, eating dates in the last month and after 36 weeks. However, it is advisable to discuss with your doctor the method you want to use before taking the final decision. Date fruit contains saturated and unsaturated fatty acids such as oleic, linoleic, and linolenic acids, which are involved in saving and supplying energy and construction of prostaglandins. In addition, serotonin, tannin, and calcium in date fruit contribute to the contraction of smooth muscles of the uterus. Date fruit also has a laxative effect, which stimulates uterine contractions.

You can add Dates in the last weeks diet plan during pregnancy for the best labor and birth. In a study, a group of womens who consumed six dates per day in the last four weeks of labor did in fact have shorter labors. In other words, at 36 weeks pregnant they began eating six date fruits per day. 96% of the women who consumed dates went into spontaneous labor and did not have to be induced (compared to only 79% of those who didn't). The study

concluded that the consumption of date fruit in the last 4 weeks before labour significantly reduced the need for induction and augmentation of labour, and produced a more favourable, but non-significant, delivery outcome. The mean latent phase of the first stage of labour was shorter in women who consumed date fruit compared with the non-date fruit consumers.

Nutritional Facts About Date



Health Benefits of Dates

They contain an excellent source of dietary fiber, potassium, magnesium, B-vitamins, and iron. One serving of California dates boasts nearly 15% of the recommended daily value for dietary fiber. The type of fruit depends on the glucose, fructose, and sucrose content. The presence of minerals like potassium and magnesium protect the cardiovascular system and regulate metabolic processes. B-vitamins improve energy levels and iron helps our bodies produce oxygen-rich red blood cells.

Snack on dried date are best for a boost of natural energy and nutrients. The health benefits of dates include relief from constipation, intestinal disorders, heart problems, anemia, sexual dysfunction, diarrhea, abdominal cancer, and many other conditions. Dates are good for gaining weight also. Dates are rich in several vitamins, minerals and fiber too. Lets see amazing health benefits of dates.

A Sweet, Low-Fat Snack

Dates are a natural and healthy way to satisfy a sweet tooth. There are only 24 calories per piece but theyre loaded with dietary fiber and nutrients like potassium. In fact, dates contain three times as much potassium as bananas!

Regulates Heart Rate and Blood Pressure

Further, they are an excellent source of potassium. Potassium is an important component of cell and body fluids that help regulate heart rate and blood pressure. They, thus, offers protection against stroke and coronary heart diseases.

Health Benefits of Dates as an Energy Booster

Dates are high in natural sugars like glucose, fructose, and sucrose. Therefore, they are the perfect snack for an immediate burst of energy.

Health Benefits of Dates in Vision

They are moderate sources of vitamin-A, which is known to have antioxidant properties and essential for vision. Additionally, it is also required maintaining healthy mucus membranes and skin. Consumption of natural fruits rich in vitamin A is known to help protect from lung and oral cavity cancers.

Useful for Bones and Teeth

Date fruits are also rich in minerals like calcium, manganese, copper, and magnesium. Calcium is an important mineral that is an essential constituent of bone and teeth and required by the body for muscle contraction, blood clotting, and nerve impulse conduction. Manganese is used by the body as a co-factor for the antioxidant enzyme, superoxide dismutase. Copper is required for the production of red blood cells. Magnesium is essential for bone growth.

Helps to Cure Anemia

Dates have a high mineral content, which is beneficial for many different health conditions, but their impressive levels of iron make them a perfect dietary supplement for people suffering from anemia

Antioxidant

They compose antioxidant flavonoids such as β -carotene, lutein, and zeaxanthin. These antioxidants found to have the ability to protect cells and other structures in the body from harmful effects of oxygen-free radicals.

Prevents Allergies

One of the most interesting facets of dates is the presence of organic sulfur in them. This is not a very common element to find in foods, but it does have a worthwhile amount of health benefits, including the reduction of allergic reactions and seasonal allergies.

Health Benefits of Dates in Weight Gain

Dates should be included as a part of a healthy diet. They consist of sugar, proteins, and many essential vitamins. If dates are consumed with cucumber paste, you can also keep your weight at a normal, balanced level, rather than over-slimming.