

Bhindi - Goodness of Ladies Finger BINDHI BAMIA MBICHI

A guy, suffering from constipation for the past 20 years and recently from acid reflux, didn't realise that the treatment could be so simple

Bhindi!

Some 2 months ago, he started eating 6 pieces of Bhindi and, since then, has not taken any other medication. Now, his blood sugar has dropped from 135 to 98 and his cholesterol and acid reflux are also under control.

From the research of Ms. Sylvia Zook, PH.D (nutrition), University of Illinois. "Bhindi" is a powerhouse of valuable nutrients, nearly half of which is soluble fiber in the form of gums and pectins.

Soluble fiber helps to lower serum cholesterol, reducing the risk of Heart disease. The other half is insoluble fiber which helps to keep the intestinal tract healthy, decreasing the risk of some forms of cancer, especially colorectal cancer.

Nearly 10% of the recommended levels of vitamin B6 and folic acid is also present in a half cup of cooked Bhindi. Bhindi is a rich source of many nutrients, including fiber, vitamin B6 and folic acid.

1. The superior fiber found in Ladies Finger (Bhindi) helps to stabilize blood sugar as it curbs the rate at which sugar is absorbed from the intestinal tract.
- 2 Ladies Finger (Bhindi's) mucilage not only binds cholesterol but bile acid carrying toxins dumped into it by the filtering liver. But it doesn't stop there.

3. Many alternative health practitioners believe all disease begins in the colon. The okra fiber, absorbing water and ensuring bulk in stools, helps prevent constipation. Fiber in general is helpful for this but Ladies Finger (Bhindi) is one of the best, along with ground flax seed and psyllium.

Unlike harsh wheat bran, which can irritate or injure the intestinal tract, Ladies Finger (Bhindi's) mucilage soothes, and Ladies Finger (Bhindi) facilitates elimination more comfortably by its slippery characteristic many people abhor.

In other words, this incredibly valuable vegetable not only binds excess cholesterol and toxins (in bile acids) which cause numerous health problems, if not evacuated, but also assures their easy passage from the the body. The veggie is completely non-toxic, non-habit forming (except for the many who greatly enjoy eating it), has no adverse side effects, is full of nutrients, and is economically within reach of most.

4. Further contributing to the health of the intestinal tract, Ladies Finger (Bhindi) fiber (as well as flax and psyllium) has no equal among fibers for feeding the good bacteria (probiotics).
5. To retain most of Ladies Finger (Bhindi's) nutrients and self-digesting enzymes, it should be cooked as little as possible, e.g. with low heat or lightly steamed. Some eat it raw.