



## Truth about Dates: Good for Your Health

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### Commentary

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### Commentary

Today, I decided to share one of my favorite fruits with you. I'm going to mention several health facts and benefits and the way I usually use this ancient and delicious fruit, so these are dates and the word date comes from the Greek word teyla duck means fingers, so if you can really look at the palm You will notice that they grow on a lobster finger shaped tree and were cultivated about 8,000 years ago in a country we now call Iraq, so date palms are national symbols of Saudi Arabia and from Israel and I usually get my dates at a regular grocery store, you can find them in a loose section with all the fruits and vegetables and dried grains, but you can also have them prepackaged like I did this time and they were a house in these pretty containers, and the way I choose the date I usually look for the darker colors and the reason why I do it because the colors more dark ones are a lot richer in potassium or if you want by stopping this day and this day I would see the difference so this one has a lot more potassium to compare with this and another thing that the bigger the fluxes, it's an indication that they've been in the sun for a little longer and they know they're ripe enough for us to get the most out of it, so I'll go over the health benefits and I'd also like to say as soon as we bring them from the store there is no way I can put them in my mouth without doing a couple of things and I will cover them with boiling water first and while i soak them in water, I will explain some of the health benefits so I decided to choose this glass container to see at the end why I am right why I do this so I cover this boiling water and it usually takes about five minutes so good and well, it will see I stand here. I'm going to read you some of the updates on the health benefits, so the pâté is very rich in potassium and potassium actually promotes a healthy heart and nervous system, so they are also known as a very effective way to control the area and especially the elderly, so I think among all the other potassium minerals, I would like to highlight number one, so few people will probably believe me if I say that dates are a very old remedy for poisoning

alcoholic, so believe it or not if you had a big party at night before having to go to work, it would be really wise to have few appointments because they really have a very good effect of sobriety because the updates have a very high level of soluble fiber that a lot of people use to prevent constipation, but I wouldn't say they have this laxative effect like our shrimp does, but on the other hand, they do e Your stools are bulky and certainly softer so if this is the case if constipation is a case, people should eat it in the morning and soak it overnight so that in this case they release Even more soluble fiber, so when you eat, you will also strengthen your bones automatically due to the sufficient amount of selenium and manganese magnesium in copper, so for our minerals it is very essential for bone formation and also for spore minerals in people many debilitating diseases of bone diseases like osteoporosis, a very interesting fact because they contain a lot of natural nicotine and do not consume mixed with nicotine in cigarettes, these are completely different things, so it is natural that they contain nicotine, which contains nicotine, sorry, it stimulates the growth of friendly bacteria in small and large gut and they would also have very beneficial amino acids bear, I mean ss4 for our body if any of you have anemia or want to prevent your body from having anemia, your blood cells due to animal disorders very days would be a very good way to do this due to the high iron content, so it would be good to consider them and consume them regularly in other ingredients which are not very common, include their natural hardening and the same here do not mix with the sulfur that was added at the time of dryness, which makes it a completely different natural hardening salt for the eyes because it is very beneficial for us because especially at the time when we suffer from seasonal allergic rhinitis it's really helpful, so much research has been done and it says that dates can prevent colon cancer and are very good for night vision, and as well. therefore, and also the last, but not least, is to know that the dates from the beginning of existence

were an excellent arrangement and very beneficial for sexual resistance, so I think our dates are radiant and I have been, You know, I couldn't mention any problems for more than a minute and now they're ready, and now I am, and now I'm going to peel them off and explain why I hair them first, you should know that every time as you bring dates from the store, of course not. they are clean, you can only imagine how many people touch them before and how many bacteria and other impurities you know stick to the skin because the skin is really very sticky and smooth and sticky, and you know you can get all kinds of impurities including bacteria, They may include some viruses that you know and of course a lot of people know that everything is collected by people and it would be wise to peel them and as you can see I can peel them very easily and if you ask me they will not stay like this for a long time, they will stay in a pill so you know whenever you need to because they will not scab, you know that the types of fruit themselves are not going to scab and you know and you can get much more benefits eating them this way now I have to mention some things that many people ask me if the dates are correct for people with diabetes and for people who are trying to lose weight, here are some things I would like to mention people with diabetes which is still a metabolic disorder but would have lots of natural sugars natural sweeteners, contains natural sugar from fructose sucrose e First of all I would say you should ask your doctor why we are all different and everything that is good for me is certainly not good for everyone and also if you are trying to lose weight. This is a good question for many people when trying to lose weight, take different beverages before training, or take different supplements that I would say are natural, they serve as natural reinforcements for pre-training, so if you don't have a metabolic disorder, no disease and if you say eat, say four or five days before exercise, it will not bother you, it will even increase much more energy and, on the other hand, if you are trying to gain more muscle mass, these are very good for That, so if your bodybuilding and you try to gain weight, you know that the sizes, the dates before or after training are very good and very beneficial, so if you do not like eating them like this, it is good and we do not have to eat them almost all day, but many people have some kind of party that you know and can feed them and, if they are satisfied, you can fill them with a good that you know like nuts, walnuts or almonds. You can fill them with cheese like cream cheese or other soft cheeses, I tried them in different ways and they are actually very delicious if now I would like to show you something and many of you know my name is also hydra therapist and the reason why I always tell my people every minute to peel certain things is because we buy, little import their quality no matter comment you do not like our digestion, the digestive system works and how many enzymes we have, it is very difficult for our body to digest certain things like certain skins and if you can water that, you know the amount of skin you know you can see, so this is one

of the barium, it's hard to take to actually digest the skin and it's not very soft certainly you can see that it's not I mean it's a little hard you know hard to digest we have to chew very well we have to be richer Lensment and many of us we don't have enough time for that, especially you know we have more It tends to be pressed all the time, so it will stay in your colon and like the small and large intestines for a long time and no matter how good your bowel movement is and how many times you still have it c is attached to the walls of the large small intestine and uh I don't see any health benefits it will heat up to say John but it's pretty natural to have skin you know but I don't see any health benefits, especially you know these days, few people have good digestion and few people have good benefits or certain fruits and few people also have good enzyme release and everything that comes to losing weight I forgot to mention just one cup of 400 calorie dates and it's also good to know it's a very caloric fruit, and so you have to see it for yourself for some people, it's going to be good for others not and II don't know that I grew up with dates myself and we must have had it on our table during the holidays when we had like a cup of tea and I just loved it but not as if I was going to abuse it or just as a main course , I would say the main dish on my table every day but still it is very often on can see it on my table because it is much better to have to eat this day it is much more beneficial for our health and have all kinds of cupcakes and cake pies and all kinds of artificial sweeteners and just the others the sugars so nowadays transform radium as you can see and so they can stay for a long time like I said that they're never going to crust and they're very sweet and very delicious

### Types of Dates Fruit-are Dates Good for Your Health?

Types of dates of fruit take a look here, what are the best types of dates to eat, the following are the types of dates that the module has its origin in Morocco, they are large and delicious, they have a very resistant flavor bar, too called yellow dates, this variety is native to Iraq they are soft and have thicker meat dairy products, these dates are long, thin and black Halabi, these are incredibly sweet and small in Diglett size, not one of the best Tunisian varieties and Algerian semi-dry and not too sweet, these dates are generally used to cook hany in Egypt these dates are soft and from red to black my popular chart in southern Yemen these dates are big and golden amber in color. They are native to Algeria and are extremely sweet, large and elongated. Mitchell is supposed to be the most delicious and nutritious. Variety is the most common variety of black dates, they are rich in antioxidants and fiber and also abundant in potassium. Our dates are good for you, for sure there are numerous varieties of the fruit, of which it is the most popular, otherwise the benefits of each variety are similar, more or less, some of the wonderful ways that dates can benefiting us is by lowering cholesterol to

treat constipation and By increasing energy levels and bone health, you can also choose organic dates, they are large and moist and come with the same health benefits or you can choose boneless dates that come without the pits are firmer and drier than the organic variant and are much easier to cut how many calories on the dates that reach the calorie count a date contains approximately 20 calories, contains 2.8 milligrams of calcium and 5 g of total carbohydrates. Dates are also extremely rich in antioxidants. Tannins are the most important. These tannins prevent cell damage and protect against inflammation. You can also try with a Jew a date that is found a specific variant In the Arab countries, and by the way, not only for US adults. Dates work very well for babies in the USA, but the fruit promotes stronger bones and teeth, boosts the immune system and improves weight, provides additional nutrition during fever and cures.

### How to Choose the Perfect Dates

The samples on the best day to speak well going out with a sweet gift before Ramadan I like a date hey, they all give me the same place, but tell me how many varieties of dates are there in the world, they are more than 600 different varieties and all they have a different taste, they all have a different consistency and different health aspects, all dates are full of vitamins, minerals, potassium, they have more potassium than a banana, so if you exercise, it is better to have an

appointment instead of Having banana actually, one of these big dates had 38 calories, which is really cool because it's fat and sodium free, so it's direct energy that will power it. One of the most popular one is for the child to read it because it is semi soft and semi chewy. people love the flavor and once we fill it with all kinds of different maps and lemon peel or anyway we try to see the guys, the symmetry outside the polis, which tastes like subway candy, bites a little and then you feel the consistency chew it slowly, press it against your palate and you will see that the flavors develop, at first it is a flavor and then it becomes more caramel a coffee like this, it is a very good day, friend, how do you choose the best? date you know how to choose the best thing that is very important when you are going to buy a day, you must make sure that the dates do not look too bright but also not dusty, so they should not have any type of white film nor should they have a sticky film, so this is the kind of day you shouldn't buy when you see them drown in syrup, leave your fingers away from them so you see this is not true so you should not buy anything that has been brushed or is so preserved . Dates are also recommended for pregnant women. Dates contain certain stimulants which assist in the strengthening of the muscles of the womb which can lead to an easier delivery. Now another thing to keep in mind is that, by date, they have no skin defects, everyone has a favorite day, who laughs is a great day to have you.

