

Bhindi or Okra (Lady's Finger)

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The world's most beautiful women, Cleopatra of Egypt(recent findings found she was not a beauty) and Yang Guifei(a plump woman) of China loved to eat okra according to the history record.

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Cleopatra of Egypt

Yang Guifei of China

When we visited the world's most productive land of okra in a rural area in Kami, Kochi Prefecture , Japan , the young and old all look very healthy. When we asked their secret in having good health in that area, they graciously answer “okra”.

Okra has a long history, with its beginnings in Egypt where it is cultivated before the time of Cleopatra. The okra plant spread to many parts of the world during the Atlantic slave trade. During World War II, the shortage of coffee beans made them use okra seeds as a substitute for coffee. This incident made the word “okra fever”. Since then, okra's popularity never disappeared from local markets to convenience stores throughout the world and throughout the year.

Nutritional Information

Okra contains vitamins A and C and is a good source of iron and calcium. It also contains starch, fat, ash, thiamine and riboflavin. No wonder, Cleopatra and Yang Guifei maintained their beauties.

For 1/2 cup sliced, cooked okra	For 1 cup raw okra
Calories – 25	Calories – 33
Dietary Fiber – 2 grams	Fiber – 3.2g
Protein – 1.52g	Total Fat – 1.5g
Carbohydrates – 5.76 grams	Carbohydrate – 5.76g
Vitamin A – 4600.1g	Vitamin A – 660 IU
Vitamin C – 13.04 mg	Vitamin C – 13.04 mg
Folic acid – 36.57.6g	Folate – 87.8mcg
Calcium – 50.4 mg	Magnesium – 46 mg
Iron – 0.421mg	Potassium – 256.6 mg
	Magnesium – 57mg

Health Benefits of Okra

1. The superior fiber found in okra helps to stabilize the blood sugar by curbing the rate at which sugar is absorbed from the intestinal tract.
 2. Okra's mucilage binds cholesterol and bile acid carrying toxins dumped into it by the filtering liver.
 3. Okra helps lubricate the large intestines due to its bulk laxative qualities. The okra fiber absorbs water and ensures bulk in stools. This helps prevent and improve constipation. Unlike harsh wheat bran, which can irritate or injure the intestinal tract, okra's mucilage soothes, and okra facilitates elimination more comfortably by its slippery characteristic. Okra binds excess cholesterol and toxins (in bile acids). These, if not evacuated, will cause numerous health problems. Okra also assures easy passage out of waste from the body. Okra is completely non-toxic, non-habit forming, has no adverse side effects, is full of nutrients, and is economically within reach of most individuals unlike over-the-counter drugs.
 4. Okra fiber is excellent for feeding the good bacteria (probiotics). This contributes to the health of the intestinal tract.
 5. Okra is a supreme vegetable for those feeling weak, exhausted, and suffering from depression.
 6. Okra is used for healing ulcers and to keep joints limber. It helps to neutralize acids, being very alkaline, and provides a temporary protective coating for the digestive tract.
 7. Okra treats lung inflammation, sore throat, and irritable bowel syndrome.
 8. Okra has been used successfully in experimental blood plasma replacements.
 9. Okra is good for summer heat treatment.
 10. Okra is good for constipation.
 11. Okra is good in normalizing the blood sugar and cholesterol level.
 12. Okra is good for asthma. Okra's vitamin C is an antioxidant and anti-inflammatory, which curtail the development of asthma symptoms.
 13. Okra is good for atherosclerosis.
 14. Okra is believed to protect some forms of cancer expansion, especially colorectal cancer.
 15. Eating okra helps to support the structure of capillaries.
 16. Some information shows that eating okra lowers the risk of cataracts.
 17. Okra is good for preventing diabetes.
 18. Okra protects you from pimples and maintains smooth and beautiful skin. We understand the reason why Cleopatra and Yang Guifei loved to eat okra.
- There are other medicinal uses of okra, like its protection against trans fats.
- I myself planted about 25 stems of okra in my backyard garden throughout the year for over 20 years now. I can pick up about 20 pieces of okra pod every morning. All okra pods are consumed by my family. There are hundreds of recipes that can be done. You can either: cut it raw and mix with vinegar and pepper; cut it raw and mix with mayonnaise; steam, cut, with mayonnaise dressing; or, cook with stew or soup.
- Okra is easy to grow anywhere during summer season in cold countries and throughout the year in tropical areas. You can even plant it in a container garden at the terrace in condominium buildings.

Inventor of PYRO-ENERGEN, the author, Mr. Takano himself picks up Okra in his backyard garden

To tell you the truth, I did not know that okra seed was used as a substitute for coffee beans during World War II. I have about 500 grams of okra seeds, so I roasted one-half of it using an iron cast pan, and pulverized it. I made okra coffee with it, and it tasted like real coffee although it was darker in color. When I offered the okra coffee to my staffs and visitors who did not know the real thing, they replied "Oh, you got a new blend of coffee, taste is good". I blended it with real coffee, too. It tastes all right. We do not know, however, what nutrients okra coffee gives.

About the Author:

Junji Takano is a Japanese health researcher involved in investigating the cause of many dreadful diseases. In 1968, he invented PYRO-ENERGEN, the first electrostatic therapy device for electromedicine that effectively eradicates viral diseases, cancer, and diseases of unknown cause.

****Benefit of eating Okra (Lady's Finger) ***

*A guy has been suffering from constipation for the past 20 years and recently from acid reflux. He didn't realize that the treatment could be so simple -- OKRA! (or Lady's Finger). He started eating okra within the last 2 months and since then have never taken medication again. All he did was consume 6 pieces of OKRA everyday.

He's now regular and his blood sugar has dropped from 135 to 98, with his cholesterol and acid reflux also under control. Here are some facts on okra (from the research of Ms. Sylvia Zook, PH.D nutrition), University of Illinois . *

*"Okra 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 colo-rectal cancer.* *

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

He got the following numbers from the University of Illinois Extension Okra Page Please check there for more details.

Okra Nutrition (half-cup cooked okra)

- * **Calories = 25**
- * **Dietary Fiber = 2 grams**
- * **Protein = 1.5 grams**
- * **Carbohydrates = 5.8 grams**
- * **Vitamin A = 460 IU**
- * **Vitamin C = 13 mg**
- * **Folic acid = 36.5 micrograms**
- * **Calcium = 50 mg**
- * **Iron = 0.4 mg**
- * **Potassium = 256 mg**
- * **Magnesium = 46 mg ***

*These numbers should be used as a guideline only, and if you are on a medically-restricted diet please consult your physician and/or dietician.

Ms Sylvia W. Zook, Ph.D. (nutritionist) has very kindly provided the following thought-provoking comments on the many benefits of this versatile vegetable.

They are well worth reading

1. The superior fiber found in okra helps to stabilize blood sugar as it curbs the rate at which sugar is absorbed from the intestinal tract.
2. Okra'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 diseases begin in the colon. The okra fiber, absorbing water and ensuring bulk in stools, helps prevent constipation . Fiber in general is helpful for this but okra is one of the best, along with ground flax seed and psyllium. Unlike harsh wheat bran, which can irritate or injure the intestinal tract, okra's mucilage soothes , and okra 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 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, okra fiber(as well as flax and psyllium) has no equal among fibers for feeding the good bacteria (probiotics).

5. To retain most of okra'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.

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Some important benefits of consuming okra:

- Stabilises blood sugar level.
- Lowers serum cholesterol level.
- Prevents constipation.
- Keeps intestinal tract healthy.
- Feeds good bacteria residing in us all.