FRUITS & VEGGIES

# Mango May Improve Brain Health, Reduce Fat And Balance The Cholesterol

By bestfolkmedicine · 05/05/2019 · 3 min read



*Abundant in proteins, minerals, and carbs, mangoes are definitely the juicy treat you need to eat regularly. Though it is available worldwide, China, India, Thailand, and the Philippines remain some of the largest producers of different types of mangoes.*

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*Whether you eat it on its own, combine it in smoothies or use it to make chutney, mango is a treat for the whole body. This fruit is rich in carbs- an average-sized mango has up to 15 grams of carbs and vitamin C- a cup of mango pieces will supply you with almost 100 percent of the RDA.*

*Thanks to its diverse content of minerals and vitamins and numerous medicinal properties, mango is considered by many to be a superfruit. Continue reading the article to learn more about why you need to eat more mangoes!*

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**The Best Health Benefits of Mangoes**

- **Good for the skin**

Until you supply your body with the right nutrients from the inside, you cannot expect topical treatments to give optimal results. Thanks to the collagen present in mangoes, they will help you improve the skin's vibrancy and elasticity. In addition to consuming it regularly, you can also find a lot of great topical uses.

- **Protects the heart**

Mangoes can be great in regulating the body fat and cholesterol. They are free of cholesterol so you can eat them freely without worrying about high bad cholesterol. They will keep you full and prevent you from overeating. By regulating your fat and cholesterol, mangoes will also keep your cardiovascular health optimal.

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- **Improve the brain health**

If you want a healthy body, you need a healthy brain too. Since they are rich in vitamin B6, mangoes will aid the production of neurotransmitters in the brain. Vitamin B6 is pivotal for optimal cognitive capacity. This vitamin is also needed for the regulation of asthma and PMS.

- **Slows down the aging processes**

Thanks to the presence of collagen, mangoes can be of great aid in averting aging signs like wrinkles. This is why mango is often used in facial masks- it has impressive anti-aging advantages.

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- **Alkalize the body**

If you want to restore the pH balance in your body, eat mangoes. The potassium present in them will contribute to an alkaline environment. When the body is more alkaline than acidic, your risk of

serious illnesses and other health problems is lowered.

- **Good for the bones**

Thanks to the vitamins A and C in mangoes, they will help you strengthen your bone health. The collagen will nourish the bones and prevent bone-related problems. But, remember not to consume too much vitamin A because it may cause bone damage.

- **Betters the eye health**

When the body is deficient on vitamin A, your risk of eye problems will be much higher. This vitamin is pivotal for optimal health of the eyes. Since they are rich in vitamin A, mangoes are a great way to ensure good eye health.

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- **Balance the blood pressure**

People with hypertension, especially when not addressed, are at a higher risk of cardiovascular issues and other health problems. This is where mango consumption can help- this fruit is rich in potassium, a mineral which is crucial for the health of the heart and for a balanced blood pressure.

Sources:

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