



Organic Banana Therapy

(with Lucas, the Organic Banana Therapy Monkey!)



By now, any of you who know me at all will know that I am obsessed with organic bananas :) And for good reason! They are high in energy, super yummy, can eat in 2 seconds flat (good for on the go meal), and make me happy! They have actually been shown to help with depression as they have serotonin in them, and really, have you ever seen an unhappy monkey?!... :). The potassium is great for biking and physical work, which I do a lot of, so I do well when I have a lot of bananas (at least 1 bunch/day if I can get them!). Finally, I want to

move to Costa Rica one day, so I want to make sure I have an ample supply of organic bananas and other tropical fruits down there when I am finally able to get there!

So, I have found that I am so obsessed with organic bananas, and have found them so helpful, that I have developed something I call organic banana therapy :) I have found it helps me tremendously when I am exhausted, sad, or just need an energy burst to get through a particularly intense period of time, like moving, marathon biking day, major home project, etc.

Get a couple bunches of ripe organic bananas (ripe when yellow with some small brown speckles on them - though everyone has their preferences about banana ripeness). Most grocery stores carry organic bananas - look specifically for the organic seal / sticker for USDA organic or "Organic" label. If you can find organic coconut or sesame oil, is great too! Sea salt &/or cinnamon are also nice. Raw organic nuts/seeds like cashews, flax, almonds, brazil nuts, sunflower seeds are also a good addition for extra crunch and protein. Brown or white rice or oatmeal, if you want to add, gives some extra carbs and substance to it all. But if nothing else, the bananas, nuts/seeds, and sea salt are a great start!

Eat bananas with sea salt, and whatever else you want to add to them from list above, until you start feeling more sane and less hungry :) Continue eating bananas until you start to feel calm and satisfied. Experiment with different flavor combinations if you can until you find your perfect favorite! It may vary depending on your mood as well, just have fun with it! And finally eat one more banana with your favorite combination of spices, nuts, grains, etc. and enjoy the delectable bounty that nature has blessed us with! I guarantee you will be smiling at the end of all this! If not, eat more bananas until you do. Or share some bananas with



friends! Research has shown that sharing helps generate serotonin, which helps with depression. Again, I have never seen an unhappy monkey, have you!? :) Enjoy!

PS - What to do with all the peels? Rinse off, chop, and place them around base of rose bushes or other plants outside, they love it - will bring more blooms in spring! Or if you are really feeling adventurous, rub them on your skin in the shower with sea salt if you have it, rinse off, and enjoy soft skin, a potassium infusion, and help with any muscle cramping, fatigue and soreness. I would do this after a long day of biking or working, and it helped tremendously!

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