

## MEN'S HEALTH - FIGS (ANJEER)



Fig is a fruit which is eaten fresh and dried. It is called Anjeer in Urdu. It is full of vitamins that are good for digestion system, cleanses the infectious stuff in the stomach and intestines. It is good for thin people who want to get some flesh on their bones.

Fresh figs should be eaten daily in the season and if not available dried figs serve the same purpose. Figs are good for men's health. It helps in long time erection and increase libido. Eating figs on daily bases increases sexual power and stamina in men. It stops premature ejaculation and thicken the men's secretions.

It is a food for for sexual power, and is a beneficial form of nutrition. To become erect during sex is noticeably shorter, figs will offer food as a solution to this problem. Those men having

erection problem or weak erection compare to what is required for penetration, fig is right food for them.

Stay erected for a long time, take figs regularly. You may soak 3-4 figs (anjeer) in milk at night and keep it in the fridge. Take the milk and chew the figs early morning before breakfast. It will remarkably increase the stamina after the use of two weeks.

The patients with high cholestrol and sugar problems should consult with their doctor before having figs on daily basis.

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Source [http://en.wikipedia.org/wiki/Common\\_fig](http://en.wikipedia.org/wiki/Common_fig)

The **common fig** (*Ficus carica*) is a [species](#) of [flowering plant](#) in the [genus](#) *Ficus*, from the [family](#) *Moraceae*, known as the **common fig** (or just the**fig**), فیکہ ([Urdu](#)), *anjeer* ([Hindi](#)), and *dumur* ([Bengali](#)). It is the source of the [fruit](#) also called the fig, and as such is an important crop in those areas where it is grown commercially. [Native](#) to the Middle East and western Asia, it has been sought out and cultivated by man since ancient times, and is now widely grown throughout the [temperate](#) world, both for its fruit and as an ornamental plant.

**Figs are among the richest plant sources of calcium and fiber.** According to USDA data for the Mission variety, dried figs are richest in fiber, copper, manganese, magnesium, potassium, calcium, and vitamin K, relative to human needs. They have smaller amounts of many other nutrients. Figs have a [laxative](#) effect and contain many [antioxidants](#). They are a good source of [flavonoids](#) and polyphenols<sup>[9]</sup> including [gallic acid](#), [chlorogenic acid](#), [syringic acid](#), [\(+\)-catechin](#), [\(-\)-epicatechin](#) and [rutin](#).<sup>[10]</sup> In one study, a 40-gram portion of dried figs (two medium size figs) produced a significant increase in plasma antioxidant capacity.<sup>[11]</sup>

<b>Figs, dried, uncooked</b>	
<b>Nutritional value per 100 g (3.5 oz)</b>	
<b>Energy</b>	1,041 kJ (249 kcal)
<b>Carbohydrates</b>	63.87 g
<b>- Sugars</b>	47.92 g
<b>- Dietary fiber</b>	9.8 g
<b>Fat</b>	0.93 g
<b>Protein</b>	3.3 g

Thiamine (vit. B <sub>1</sub> )	0.085 mg (7%)
Riboflavin (vit. B <sub>2</sub> )	0.082 mg (7%)
Niacin (vit. B <sub>3</sub> )	0.619 mg (4%)
Pantothenic acid (B <sub>5</sub> )	0.434 mg (9%)
Vitamin B <sub>6</sub>	0.106 mg (8%)
Folate (vit. B <sub>9</sub> )	9 µg (2%)
Choline	15.8 mg (3%)
Vitamin C	1.2 mg (1%)
Vitamin K	15.6 µg (15%)
Calcium	162 mg (16%)
Iron	2.03 mg (16%)
Magnesium	68 mg (19%)
Manganese	0.51 mg (24%)
Phosphorus	67 mg (10%)
Potassium	680 mg (14%)
Sodium	10 mg (1%)
Zinc	0.55 mg (6%)

Link to USDA Database entry  
Percentages are roughly approximated  
using US recommendations for adults.  
Source: USDA Nutrient Database

Source: <http://in.lifestyle.yahoo.com/5-dry-fruits-beauty-benefits-031709148.html>

## 5 Dry Fruits and their Beauty Benefits

**BollywoodShaadis.com**

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If you read up on any diet regime, it will always tell you to eat a handful of dry fruits. Since, dry fruits are packed with various vitamins, essential fats and nutrients, they keep you healthy and fit. They also have a number of skin benefits too. That is why, it is not surprising to see a number of dry fruits as the core ingredient of beauty products. So let us have a look at 5 dry fruits which should be a regular part of your diet.

### **Recommended Read:**

**[Benefits of Coconut Oil for Skin](#)**

**[6 Surprising Beauty Benefits of Olive Oil](#)**

**[4 Sexy and Unusual Ways to Lose Weight](#)**

## Almonds



As small as they look, almonds are jam packed with essential fatty acids, fibres and proteins. Almonds are really effective in treating acne. This dry fruit makes excellent face packs as well. For radiant skin, take crushed almonds (which have been soaked in water) and milk. Apply the mixture on your face to remove dead cells and dirt. For your hair, you can use almond oil to add lustre and shine to dull hair.

**Health benefit:** Almonds also improve your haemoglobin and promote blood circulation. They also reduce cholesterol and help in prevention of lung and breast cancer.

## Raisins (*kishmish*)



If you want to protect your pearly whites and your beautiful eyes, you must eat a handful of raisins daily. Raisins prevent tooth decay and keep cavities at bay. They are also a good source of Vitamin A and they protect your eyes from vision related problems. Raisins also keep your skin healthy and beautiful as they contain resveratrol, an antioxidant that slows down skin ageing.

**Health benefit:** Raisins are loaded with potassium, magnesium, phosphorous and iron and they promote blood circulation. They are highly recommended for those suffering from anaemia.



## Walnuts (*akhrot*)



Walnuts are one of the healthiest nuts which are full of good fats and nutrients. Omega 3 fatty acids, which are found in abundance in walnuts, nourish dry skin and improves its texture. Mix a handful of walnuts with 3 tablespoons of yoghurt and blend it. Apply this scrub on your face daily for smooth and soft skin. Walnut, if used in the form of oil, contains linoleic acid, which prevents wrinkles and fine lines.

**Health benefits:** Walnuts are called brain food and not without reason. Nearly 60% of our brain structure comprises of Omega 3 fatty acids which are found in walnuts. Walnuts are also instrumental in promoting cardiovascular health.

## Cashew nuts (kaju)

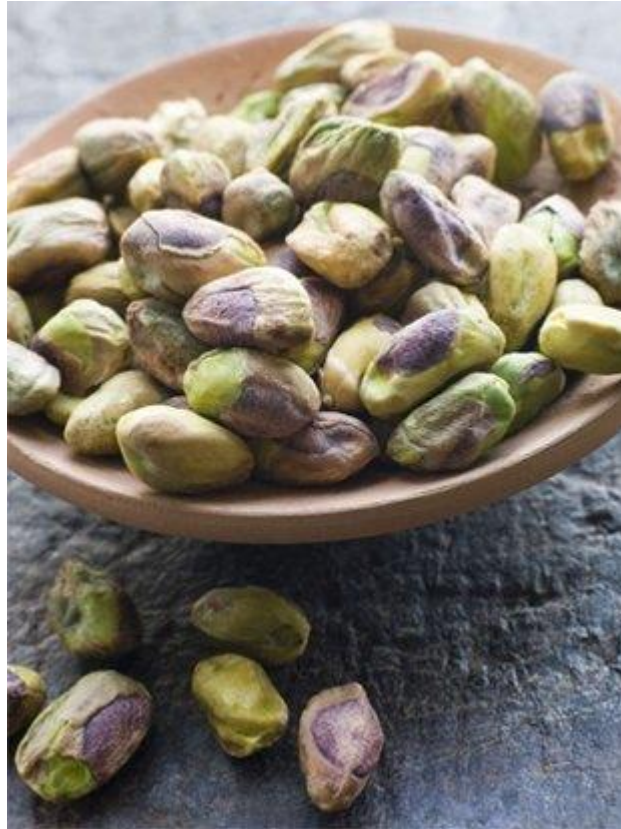


There is a myth about cashew nuts that they are unhealthy since they contain a lot of fats. But in reality, cashew nuts when eaten in moderation, actually help you lose weight. Cashew nut oil too, is used in a number of cosmetics. It helps to reduce tan and prevents skin damage. It also helps protect your cracked heels and nourishes them. Cashew nuts are rich in Vitamin E and they have anti-ageing properties as well.

**Health benefits:** Cashew nuts help control cholesterol, blood sugar, prevents migraines and high blood pressure.



## **Pistachios** (*pista*)



Pistachios are powerhouse of nutrients. Rich in Vitamin E, they protect your skin from UV rays, premature ageing and even skin cancer. Pistachio oil has demulcent properties, which basically means that they help smoothen your skin. They also contain carotenoids, lutein and zeaxanthin, which are rarely found in nuts. Besides this, pistachios also contain antioxidants, which neutralise the free radicals, thus preventing ageing.

**Health benefit:** Pistachios help stabilise blood sugar, help in digestion, prevent heart diseases and provide your body with fibres and proteins.