



Eating 5 Types of Beans to ward off Various Diseases

We know that beans contain high vitamins and minerals that help nourish our bodies to be healthy. Beans are health food that are easily to find and can make into many recipes. More than that, if we combined 5 types of beans we will benefit greatly. 5 types of beans are very beneficial to the health. So let us read the qualities of these 5 types by beginning with a question.

What are these 5 types of beans?

As the names say, there are 5 types of beans: black bean, green bean, red bean, soya bean and white bean. Now let's see their benefits.



What are the benefits of the 5 types of beans?

1. Nourish 5 internal systems

Each bean has the ability to nourish our internal systems. The black beans nourish kidneys, green beans are good for the livers, red beans for the hearts, white beans for the lungs and soya beans are good for the spleen.

2. Balance the body minerals

Beans help balancing the minerals in our bodies. Black beans are water elements, green beans are wood elements, red beans are fire elements, white beans are gold elements and soya beans are earth elements. Together, these 5 beans will help balance body elements correctly making us strong and not getting ill easily.

3. 5 types of beans help reduce weight

For those who want to reduce weight, the 5 types of beans help for better weight loss. You can boil 5 types of beans until they are porridge-like and eat as food. These beans will fill you up and their fibers will also help with bowel movements.

4. Reduce diabetes

Dr. Pornthep Siriwanarangsun advised his diabetic patients to boil 5 types of beans to eat as meals. 5 types of beans consist of complex carbohydrate that won't increase body sugar level immediately like single carbohydrate (white rice and flour) but one should not add sugar to the boiled beans.

5. Replenish strength

If working people eats 5 types of beans, they will gain energy from complex carbohydrate, protein and many types of vitamins. The fibers will fill the stomach for a long time also.

Apart from the aforementioned benefits, each type of bean also has its own benefit. Let's see what are the hidden gems of these beans.



Black Beans

Black beans nourish water elements in our bodies, they are good for kidney, help relieve headache, fatigue and help expel excess water on our bodies to maintain balance.



Green Beans

Even though green beans are small, their benefits are not. They help the liver activity, ease constipation, protect infections and also are considered a detoxification food.



Red Beans

Red beans are excellent source of protein and full of low fats. They help enhance the hearts and reduce obesity plus they nourish fire elements. So on the cold and damp rainy days, the body temperatures are too low, you can eat read beans to warm up your bodies.



Soy Beans

Soy beans are very beneficial. Apart from containing high proteins, they help prevent prostate cancer, cure golden age symptom, good for female's health, prevent bone brittle, adjust hormones. If anyone is feeling tired or fatigue, one can eat soya beans to nurture the spleen and the body's earth elements.



White Beans

White beans help expectorate, nurture lungs, relief cough, reduce card, reduce sugar since white beans contain unique enzymes that prevent the absorption of carb and sugar into our bodies. White beans are also complex carbohydrate that are slow to digest so we can feel filled for a long time, suitable for those trying to lose weight.