

# More Tips On Green Beans

Aside from supplying protein and carbohydrates, green beans also have plenty of vitamins, minerals and antioxidants

**G**reen beans (*Vigna radiata*), a.k.a. mung beans, contain a small amount of protein, but a higher proportion of carbohydrates than other beans and peas. On average, green beans contain 23% of protein, 2.4% of lipid and 52% of glucose.

Green beans also have carotene, vitamins B complex, C and E, and minerals such as potassium, calcium, selenium and iron. It is important to note that green bean sprouts have much more vitamins, minerals and essential enzymes than the actual bean itself. The high concentration of folic acid, vitamin E and lysine in green bean sprouts is very good for the heart, blood vessels and nerves.

The high content of potassium, fiber and antioxidants like vitamins C and E, selenium and folic acid in green beans can help stabilize the cholesterol level in the blood. They can also protect blood vessel walls and prevent high blood pressure and strokes. Green beans are good food for those with diabetes, as they are rich in fiber and carbohydrates, which can help stabilize blood sugar levels.

In Oriental medicine, the bean is used to relieve fever and edema and boost the function of the liver in discharging toxins from the body. Fresh green bean sprouts are better than cooked ones when used for the aforementioned purposes. Given the detoxification aspect, green beans are not recommended when one is taking other drugs, especially Western medicines, so as to avoid any unexpected side effects.

Green beans are among the recommended food for hot weather and for those sensitive to allergies and quick tempers.

**To treat diarrhea and dehydration:** Roast 80 grams of green beans, grind the roasted beans and mix them with 40 grams of ground pepper and 10 grams of salt. An adult is advised to take 8-10 grams of this mixture with warm water every hour.

**To treat poisons caused**

**by chemicals, alcohol and fumes:** Grind 500g of green beans and stir the ground beans well with the water collected from rice washing; filter the solution and drink it several times a day. Or, simmer 120g of green beans and 30g of fresh licorice with three bowls of water until receiving just one bowl; drink the solution two times a day. Drink either of these solutions for 10-15 days in the case of lead poisoning.

**To treat urinary tract infection:** Squeeze 500g of green bean sprouts, mix the juice with a little salt and drink the juice several times a day.

**To treat heat rash:** Mix 15g of green bean powder and 30g of talcum powder; rub the mixture onto the heat rash area after a bath and before going to bed.

**(Compiled by the Weekly)**

