

## Amazing Secrets Nature Readers Digest

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Also called nature's power bar, the digestible carbohydrates and potassium in bananas help maintain nerve function. Having a medium banana before a workout can keep the nutrient levels high. Just have a medium banana after you wake up, along with half a cup of Greek yogurt. Hit the gym after 30 minutes. You will see the difference. For Breakfast

### 33 Amazing Ways Banana Benefits Skin, Hair And Health

Feb 14, 2019 Joey R. rated it it was amazing 4.5 Stars --- I decided to read "Verity" by Colleen Hoover after seeing it had a full 5 star rating on Amazon with almost 2000 reviews. I never heard of Colleen Hoover, and when I discovered she primarily wrote romance novels, I almost didn't read the book.

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