

# Health Benefits Of Figs



- ✓ **Lower blood pressure:**  
Figs are full of potassium and minerals that can help to control hypertension.
- ✓ **Works well for weight management:**  
Figs are very full of dietary fibres. Therefore, they're a perfect option for people who want to loss weight. A high fibre diet helps you to slow down the digestion and cuts your hunger.
- ✓ **Guards against post-menopausal breast cancer:**  
Research indicates that regular consumption of figs helps in reducing the chance of post-menopausal breast cancer by approximately 34 percent.
- ✓ **Anti-diabetic effects:**  
Figs have anti-diabetic properties to help you to lower your blood sugar level.
- ✓ **Treats Heart disease:**  
Daily use of figs can lower triglyceride levels within the blood. Triglycerides are the main type of fats (they are also referred to as ugly fat cells) that go around in the blood. Higher triglyceride levels within the blood can give rise to obesity and lots of heart problems.