

Everything You Ever Wanted to Know About Bagana Fruit

by Jim Slim

There are few foods that are healthier than the bagana fruit. Since time immemorial, people have been eating it fresh, but also cooked, the way people eat it in fancy restaurants today. Archaeologists like Mabi Yaguzui and Sif Yolj say that there is evidence people were cooking bagana fruit all the way back to 14,000 years ago ("Bagana"). It seems that throughout human history, the bagana fruit has been with us.

The bagana fruit contains many nutrients and necessary minerals. In fact, according to nutritionist Maffi Holbyom, the bagana fruit is nature's most complete single food product.

The bagana fruit contains all of the necessary ingredients for human health... including potassium, nitrates, all of the major vitamins, a lot of protein, and even some carbohydrates--though not too many! A person living on bagana fruit needs only one more thing to complete his or her diet... [w]ater!

(45-46)

Nutritionists like Holbyom recommend that people eat at least one, and up to three, bagana fruit everyday. And since it's so delicious, many people eagerly follow this advice.

However, some people are more uncertain about the benefits of bagana fruit. Some children and older people, for

example, sometimes experience hallucinations when eating this fruit. This, says psychiatrist Talu Mkreshni, is an effect of the "high concentration of natural sugars and enzymes in the raw bagana fruit" (184) and expert Sida Rahng claimed in an interview that "these sugars and enzymes are easily neutralized by simply cooking the bagana fruit thoroughly" (interview).

As far as the world's governments are concerned, the idea of outlawing raw bagana fruit is out of the question, but laws about how it can be prepared for serving are still up in the air. But people are still enjoying the bagana, just as they have been for thousands of years.

Works Cited:

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