

# Fruit that heals!



**Nutritional Highlights:** Christopher Columbus calls Papaya as “Fruit of the Angels”; Contains Papain which is an excellent aid to digestion, rich source of anti-oxidant nutrients, Vitamin A, Vitamin C, B Vitamins, Flavonoids, Folate and Pantothenic Acid, apart from other minerals.

**Health Benefits:** Remarkable medicinal virtues - reduces **INFLAMMATION** in diseases like **RHEUMATOID ARTHRITIS**, **OSTEOARTHRITIS**; helps in prevention of **COLON CANCER**; excellent **DIGESTIVE** - helps in reducing **CONSTIPATION AND BLEEDING PILES**; helps in reducing **LUNG INFLAMMATION**; Protects against **HEART DISEASES AND CANCER**; Helps normalizing the **SPLEEN**;

**Unripe Papaya** - Juice beneficial in treating skin disorders like **ACNE and PSORIASIS**; Juice with honey can help reducing **INFLAMED TONSILS!**

**Consumption:** Ensure to eat **RIPE PAPAYAS**, not the ones that are overly ripened which have patches on the skin and are deep orange in colour; Avoid ripening process by keeping it in the refrigerator, fasten the process by keeping it in room temperature; Do not consume the black seeds because they contain a toxic substance called Carpaine, which when consumed in large quantities could reduce the pulse and depress the nervous system.

Compiled for reader reference. We do not undertake any responsibility in case of any health damage through the given information.  
(C) www.healingpressure.com Source: Juicing for Health!

# PAPAYA

