

Fruit that heals!



Nutritional Highlights: Inspired by the name given by the citizens of New Zealand, this fruit is surely one of the best MONSOON FRUIT available; Rich in Fiber, Vitamin C & E, Folic Acid, Phyto nutrients and minerals like calcium, copper, iron, potassium and zinc.

Health Benefits: High Fiber helps in reducing **CONSTIPATION**, Phytonutrients help in fighting against some **CANCERS**, high potassium content helps in regulating **BLOOD PRESSURE**, keeping **HYPERTENSION** away; boosts **IMMUNITY**, helps in keeping the **HAIR, TEETH, SKIN AND NAILS** healthy; Vitamin C helps in reducing peptic **ULCERS**, thereby preventing **STOMACH CANCER**; repairs **DAMAGED SPERM**; Good for expectant mothers as it works to produce **RED BLOOD CELLS**.

Consumption: Excellent for Monsoons*, the Kiwi fruit helps in keeping the monsoon related infections away; Can be eaten whole after peeling the skin, can be added in desserts and salads.

CAUTION: Young children beware, sometimes Kiwi could cause undesired reactions in the body, the same goes for people who have Kidney problems, though the reactions are generally mild, one needs to take precautions; due to its natural laxative effect, the Kiwi fruit could cause diarrhea, in case consumed in excess.

Compiled for reader reference. We do not undertake any responsibility in case of any health damage through the given information.

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KIWI Fruit

