

# Fruit that heals!



**Nutritional Highlights:** Pineapples are a good source for Vitamin C, B1, B2, B3, B5 and B6. It also gives Potassium, Folic Acid, Dietary Fiber among other minerals.

**Health Benefits:** Pineapple reduces **INFLAMMATION** and **SWELLINGS**; It is a good fruit for improving the **BONE HEALTH**; it is a good fruit for people suffering from **ARTHRITIS**, undergone any **SURGERIES** or are suffering **PAIN** in the body; it is known to *dissolve excessive* **MUCUS**, thereby giving a relief to people who suffer from **ASTHMA, BRONCHITIS, PNEUMONIA & SINUSITIS**; it is an excellent fruit for improving the health of our **GUMS**; Pineapples help in reducing the **SORENESS & REDNESS** of the throat, a good **DIGESTIVE**.

**Pineapple Juice:** Best for people suffering from **RHEUMATOID ARTHRITIS, OSTEOARTHRITIS, INJURIES, & GOUT**.

**Consumption:** Eating pineapples that are ripened are good for health. The sweetness in a pineapple is generally in the bottom, so once you cut the crown of leaves, invert it and keep it in the refrigerator for sometime for the sweetness to flow into the fruit; sprinkle lime to reduce the acidic in taste, in case it is too much; Strictly to be avoided by **Diabetics** as this fruit has a very high content of sugar; in case you are healthy, the sweetness will not matter to your health!

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

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