FRUITS & VEGGIES

# Papaya Seeds For Liver, Gut, And Kidney Detox

By bestfolkmedicine · 28/05/2018 · 2 min read



About every part of the papaya plant is full of nutritional and medical benefits, so, it's no wonder it has been widely used for health throughout history. It is a tropical fruit, native to Central America but nowadays can be found in any tropical climate.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

**Characteristics:**

**Antioxidants** Papaya is full of antioxidants, especially vitamins A and C. Antioxidants prevent the body from the oxidation of cells, which is a process that creates free radicals in the body and can

lead to developing chronic diseases. It also plays a significant role in the health of the skin and aging problems.

**Vitamin C**

Vitamin C is important on many levels. It boosts the immunity system, repairs tissues and helps fight illnesses. It needs to be consumed since the body does not produce it.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

**Vitamin A**

Vitamin A helps support healthy skin, vision, soft tissue, mucous membranes, teeth, and bones. It is also believed that beta-carotene can help reduce the risk of cancer. Papaya is one of the fruits with the highest levels of vitamin A and will provide 44% of the RDA (700-900 mg or 2300-3000 IU) in a 1 cup serving.

**Folate**

Vitamin B9 supports adrenal function, maintains the nervous system and helps metabolic functions. It is an important element in human growth and development, so it's especially crucial for pregnant women.  Papaya contains 21% of the RDA (400-600 mcg) in a 1 cup serving.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

**Papain enzyme**

Papaya also contains the enzyme called papain**,**  a powerful digestive, also used in the treatment of arthritis.

**The  Top 7 Health Benefits Of Papaya**

Improves immunity.

Promotes digestive health.

Protects against macular degeneration.

Supports healthy skin.

It has anti-inflammatory properties and helps protect the body against rheumatoid arthritis and other autoimmune conditions.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

Reduces risks of prostate and colon cancers.

Protects against heart disease.

For a successful use, make sure to avoid GMO varieties and look for organic products.

*Note: People who have latex allergy might also be allergic to papaya, so proceed with care.*

---

**Read online:** https://bestfolkmedicine.com/2018/05/papaya-seeds-for-liver-gut-and-kidney-detox/

Downloaded on 24/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.