GRANDMA'S REMEDIES

Cabbage: One of the Most Effective Foods Used to Treat Ulcers, Cleanse the Liver & Stop Inflammation

By bestfolkmedicine · 22/11/2018 · 3 min read



Did you know that cabbage is one of the healthiest foods ever? It is rich in fiber and low in calories. By eating it regularly, you will significantly boost your overall health and supply your body with essential nutrients.

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

It will enrich your body with vitamins A, C, E, and B, as well as with potent minerals and antioxidants such as calcium, folic acid, and potassium. Thanks to its combination of potent nutrients, as Love My Salad explain, cabbage is considered by many experts to be a potent superfood which can help us fight off colds, better our digestion, and prevent cancer.

If you still have doubts whether to add it to your daily diet or not, make sure you check out the list below showing its benefits.

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

The Health Benefits of Cabbage

1. **It can speed up the healing of wounds**

Did you know that topical application of cabbage can be useful in speeding up the healing of wounds, but also to minimize the swelling of breasts, glands, bruises, etc. Very often, women use cabbage compresses to alleviate the pain and discomfort from the engorgement caused by breastfeeding. To prepare a cabbage compress, roll one previously-rinsed cabbage leaf with a bottle or a rolling pin. Then, heat it up in some boiling water for a second or two. Place the warm leaf on the wound and leave it on for several hours. When necessary, repeat with a new leaf.

2. **Cleanses the stomach and colon**

Juice made from raw cabbage is effective in cleansing the stomach and colon. It can also reduce diarrhea and inflammation in the intestines. Opt for two glasses of freshly-made cabbage juice on the daily. For digestive purposes, use green cabbage.

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

3. **It can help with anemia**

To fight off anemia naturally, a lot of people use cabbage, i.e. 1 to 2 glasses of raw cabbage juice on the daily. This is because this green veggie is rich in chlorophyll which is a pivotal for the formation of blood. With this in mind, this amazing veggie can be of aid for those that need to better their blood count.

4. **It can treat peptic ulcers**

Cabbage juice is highly recommendable for those who have been diagnosed with peptic ulcers. Drink it on a regular basis, i.e. a glass or two per day for optimal effect.

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

5. **Cabbage is good for dieters**

Thanks to its cleansing effects, cabbage is an excellent food that will expel surplus water, better the metabolism, and help you maintain a healthy weight.

6. **Detoxifies the liver**

To optimize the functioning of your liver, make sure you eat cabbage regularly. Namely, it possesses anti-inflammatory characteristics and it will also hydrate the whole body and alleviate headaches triggered by toxic liver.

How to Consume Cabbage

According to Love My Salad, in order to get the most of cabbage, it is best to eat it raw. You can shred it and combine with olive oil, vinegar, and salt for a yummy salad. For an extra kick, add some shredded carrots too.

ezstandalone.cmd.push(function () { ezstandalone.showAds(133); });

Another way to reap its benefits is to consume this DIY cabbage tonic. This beverage is useful for the treatment of throat and lung infections. To prepare it, mix fresh cabbage juice and a bit of raw honey. Bring the mixture to boil and then wait for it to cool down. Consume 5 to 6 tbsp per day.

Last but not least, sauerkraut or fermented cabbage is a highly nutritious and delicious addition to homemade meals. Consume it regularly!

Sources:

LONGEVITY BOX

LOVE MY SALAD

Read online: https://bestfolkmedicine.com/2018/11/cabbage-one-most-effective-foods-treat-ulcers-cleanse-liver-stop-inflammation/
Downloaded on 23/11/2026

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.