DRINKS & SMOOTHIES

Natural Health Benefits One Can Get from Drinking Papaya Leave Juice

By bestfolkmedicine · 09/11/2018 · 2 min read

For a long period of time, papaya leaves have been commonly used as a powerful natural remedy against dengue fever and numerous other health issues. Studies point out that they are abundant in phytonutrients that can improve the blood flow and they possess strong antioxidant characteristics too. Most of its health benefits arise from the papain, some phenolic compounds, and the alkaloids in it.

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The chymopapain and papain, active ingredients of papaya, are capable of improving the digestion and resolving issues like bloating. The carpaine is an alkaloid in papaya that can be helpful for cancer patients who are undergoing treatment.

The Best Advantages of Papaya Leaves

Alleviates inflammation

The strong anti-inflammatory abilities of juice from papaya leaves can treat inflammation and avert inflammatory problems.

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It soothes the digestive system

The compounds in papaya leaves can assist the digestive system in the breakdown of fats, carbs, and protein. Papaya leave juice is therefore highly recommendable for those who experience digestive issues.

Averts illnesses

Acetogenin, a compound in papaya leaves, has the power to avert malaria, dengue fever, and cancer. What's more, it will make the immunity stronger and better the body's capacity to fight off bad bacteria and viruses. The antioxidants in it will make the heart stronger and spread the blood vessels for an enhanced blood flow.

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It decreases the blood sugar

According to studies, the phytonutrients in papaya have antioxidant abilities and can balance the blood sugar levels and thus, successfully minimize the risk of fatty liver disease and diabetes.

Enhances the blood platelet production

A blood platelet count lower than 150,000 per microliter is considered to be a low level. This is not good, particularly after a serious illness, when it is recommendable that the blood platelets are high enough. This is where papaya juice can help and elevate their production.

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Makes you more energetic

Drinking papaya juice on a daily basis will contribute to a higher level of energy and it will decrease the risk of tiredness.

Tea from Papaya Leaves

You need:

2 liters of water

10 papaya leaves

A tsp of raw honey

Preparation and use: Boil the leaves in water until the content minimizes to half. Then, leave the content to cool down and strain it into a cup. Add the honey if you want a sweeter taste. It can be kept in the fridge up to 5 days.

Papaya Leave Juice Recipe

Needed:

A handful of papaya leaves

A blender

A jar

Preparation: Blend the leaves in a blender and store them in the fridge for up to 5 days. You can add a tsp of the blended amount to homemade fruit juices.

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