HEALTHY NEWS

Okra Can Better the Colon Health, Control the Blood Sugar, and Prevent Kidney Disease

By bestfolkmedicine · 09/11/2018 · 1 min read

Also known as lady's finger, this plant is known to thrive in tropical climates. It is a delicious treat, but it also offers a lot of important nutrients like vitamins C and K and folate. By being rich in fiber, it is able to better the digestion, balance the blood sugar, and regulate the blood sugar absorption rate.

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

The Best Health Advantages of Okra

Enables a healthy fetus growth

Since it possesses folate and vitamin C that are pivotal for the preconception period and for the prevention of birth defects in the fetus, okra is highly recommendable for women who want to get pregnant or women who already are.

Treats kidney issues

When consumed on a regular basis, okra will decrease the negative effects caused by specific kidney issues.

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

Beneficial for the colon

The fiber from okra will strengthen the colon and improve the digestion. It will also detoxify the gastrointestinal system and contribute to a more productive colon.

It can stop diabetes

Studies have shown that the fiber in okra has the capacity to balance the blood sugar and prevent and treat diabetes.

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

Additional Health Benefits of Okra

- It can treat constipation
- It balances the pH
- It will strengthen the gut
- It can better your eyesight and preserve the health of your skin
- It can avert cataracts
- It is highly beneficial against acne and skin spots
- It can prevent colorectal cancer
- Effective against cold symptoms like coughing
- It can reduce the symptoms of asthma

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