DRINKS & SMOOTHIES

10 Excellent Health Benefits of Soursop Juice

By bestfolkmedicine · 12/03/2019 · 3 min read



If you have not been drinking soursop juice very often, believe us, you should definitely start! This juice is amazing for the health and made from the soursop fruit- a tropical fruit abundant in vitamins and minerals that help strengthen the immunity and the overall health.

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Moreover, it will supply you with fiber that will better the digestion. It tastes great and betters your health- what more to ask for? Continue reading the article to learn some of the best benefits of this DIY juice.

The 10 Best Health Advantages of Soursop Juice

- **Helps lose weight**

As it is low on calories, i.e. 100 grams of the fruit has around 65 calories, this is the best juice for weight loss.

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- **Slows down premature aging**

Since it contains vitamin B1, this fruit can speed up the metabolic rate and regulate the blood flow and blood pressure. Moreover, the vitamin B2 is needed for the production of body energy, proper nervous system function, and a healthy heart. The vitamin C in it has antioxidant properties that will avert premature aging.

- **Protects the liver**

When you regularly drink soursop juice, you will enhance the functioning of the gallbladder and liver. Plus, the antioxidants from it will improve the fat digestion and optimize the liver function.

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- **Betters the quality of sleep**

If you suffer from insomnia, you should know that soursop can be of great aid. It is also good for anxious or stressed individuals because of its positive influence on the nervous system. Therefore, whenever you have a problem falling asleep, reach for a glass of soursop juice to relax easier.

- **Elevates the energy levels**

When you have soursop juice, there is no need to reach for unhealthy store-bought energy drinks. This juice will elevate your energy naturally with the help of fructose- a natural sugar which activates the body mentally and physically.

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- **Regulates the blood sugar levels**

Soursop contains natural sugars that are easy for metabolizing and other ingredients that will help prevent sugar spikes. Opt for a glass of unsweetened soursop juice to get the needed calories without worsening your sugar levels.

- **Averts osteoporosis**

The calcium and phosphorus from soursop is great for the bones and dental health. Women going through menopause can benefit a lot from drinking soursop juice because it will help them minimize the risk of reduction of bone density.

- **It lowers cancer risk**

Soursop is a natural remedy which was found to be of aid in protecting from different types of cancer, particularly colon, breast, lung, and prostate cancer. This is achieved thanks to its antioxidant powers that will assist in the removal of toxins and cancer cells.

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- **Averts the flu**

The richness in vitamin C in soursop can be of great aid to avert the flu and common colds. It will also strengthen the immunity and help your body fight off diseases better.

- **Relieves constipation**

Since it is rich in fiber, this juice is great for people struggling with constipation. Moreover, this juice will restore the gut flora and significantly boost your digestive health.

Sources:

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