FRUITS & VEGGIES

Avert Heart Attacks & Strokes & Clean Your Blood Vessels with Grape Seeds

By bestfolkmedicine · 05/03/2019 · 2 min read



Did you know that grape seeds can be highly beneficial in reducing the risk of heart illness and to rejuvenate the blood vessels, but also to keep you safe from stroke and atherosclerosis? Grapes are well-known fruits that provide juiceness and plump and are one of our favorite healthy snacks.

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However, what you may not have known is that their seeds also posses healing properties, as well as their skin. Continue reading the article to learn more about grape seeds and why you need to start consuming them more often.

The Healing Powers of Grape Seeds

Grape seeds contain potent antioxidants which have been associated with longevity and high quality of life. Namely, a lot of diseases and imbalances affecting the modern man today are a possible target for the nutrients present in grapes. Hence, grapes are one of the most commonly studies fruits today.

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Grape seeds have their own healing elements that work in unison as a complement to the resveratrol found in the seeds. Namely, they contain OPC, a class of plant metabolites which have been found to posses strong antioxidant abilities.

These substances have antiviral, antibacterial, anti-inflammatory, anti-allergic, and anti-cancerous abilities. They will protect the cell membrane lipids from oxidative damage, avert blood clotting and platelet aggregation, strengthen the capillaries, and boost the efficiency of the enzymes.

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Extracts of grape seed abundant in OPC have anti-aging capacity and similarly to PBE, they have catechins, phenolic acids, linoleic acids, and flavonoids which better the health in numerous ways.

How Can Grape Seed Extract Improve Your Health?

- **Strengthen the bones**
- **Enhance the bone formation**
- **Improve the oral health by protecting the teeth**
- **Balance the blood pressure**
- **Better the blood flow**
- **Enhance brain function**
- **Lower the risk of diabetes, hemorrhoids, and varicose veins**

Grape Seed Extract Can Help with Cancer?

According to The Truth about Cancer, several studies point out that this extract may help avert the growth of cancer cells in breast, prostate, lung, colon, and stomach cancer.

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In order to benefit from resveratrol and OPC, you need more than solely a handful of grapes or a cup of wine. You need to significantly elevate the consumption of grapes and its seeds to get the therapeutic dosages.

The recommended resveratrol dosages may vary anywhere from one to 500 mg, depending on the needed results.

Sources:

OLD NATURAL CURES

THE TRUTH ABOUT CANCER

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