FRUITS & VEGGIES

Eat More Red Onions: They Help Prevent Heart Attacks, Lower Blood Sugar And Blood Pressure

By bestfolkmedicine · 26/05/2019 · 2 min read



Without doubt, onions are among the most popular veggies in the world. Though many dislike their pungent flavour, most people enjoy it and eat them on a regular basis.

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When talking about onions, we cannot forget to mention the fact that the red variety has twice the antioxidants as any other onion and thus, are a major part of anti-inflammatory diets and lifestyles.

This being said, if you still have doubts why you should regularly consume red onions, stick with us. We will present their major health benefits… But, first, let us learn more about onions' healing power.

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Red Onion: An Exquisite Veggie with Immense Healing Potential

The sulphur groups in red onions aid the production of cysteine in the body which is linked with weight loss, detox, and prevention of cancer. They were also found to possess antioxidant properties.

The sulphur compounds have been linked with better cell membrane function and improved oxygen use.

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10 Amazing Reasons to Eat more Red Onions

- **Improve the oral health**

Onions are regularly used for prevention of tooth decay and oral infections. Chew several red onion slices for 2 or 3 minutes to destroy the oral germs.

- **Good for the skin**

Drink onion juice combined with honey or olive oil to fight off acne.

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- **Alleviate heart problems**

Onions help thin the blood and thus, prevent the formation of clots. Blood clots, as you may know, can lead to cardiovascular problems.

- **Soothe insect bites**

Apply some onion juice onto honeybee bites to lower the ache and discomfort. Onion juice can also help with insect bites and scorpion stings.

- **Relieve cough**

Drink onion juice whenever you have sore throat and a cough to speed up the healing process.

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- **Increase the sex drive**

Opt for a spoon of onion juice and a spoon of ginger juice, twice per day, for a stronger libido.

- **Avert cancer**

The active compounds in onions help impede the growth of cancerous cells.

- **Alleviate stomach pain**

The antibacterial and anti-inflammatory characteristics of red onions can reduce upset stomach and other gastrointestinal issues.

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- **Help with UTIs**

If you are suffering from a burning sensation while urinating, opt for red onions. That is, drink water boiled with 7 grams of onions.

- **Speed up the healing of earache**

Put several drops of onion juice to fight off earache.

Sources:

HEALTHY FOOD HOUSE

DR JOCKERS

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