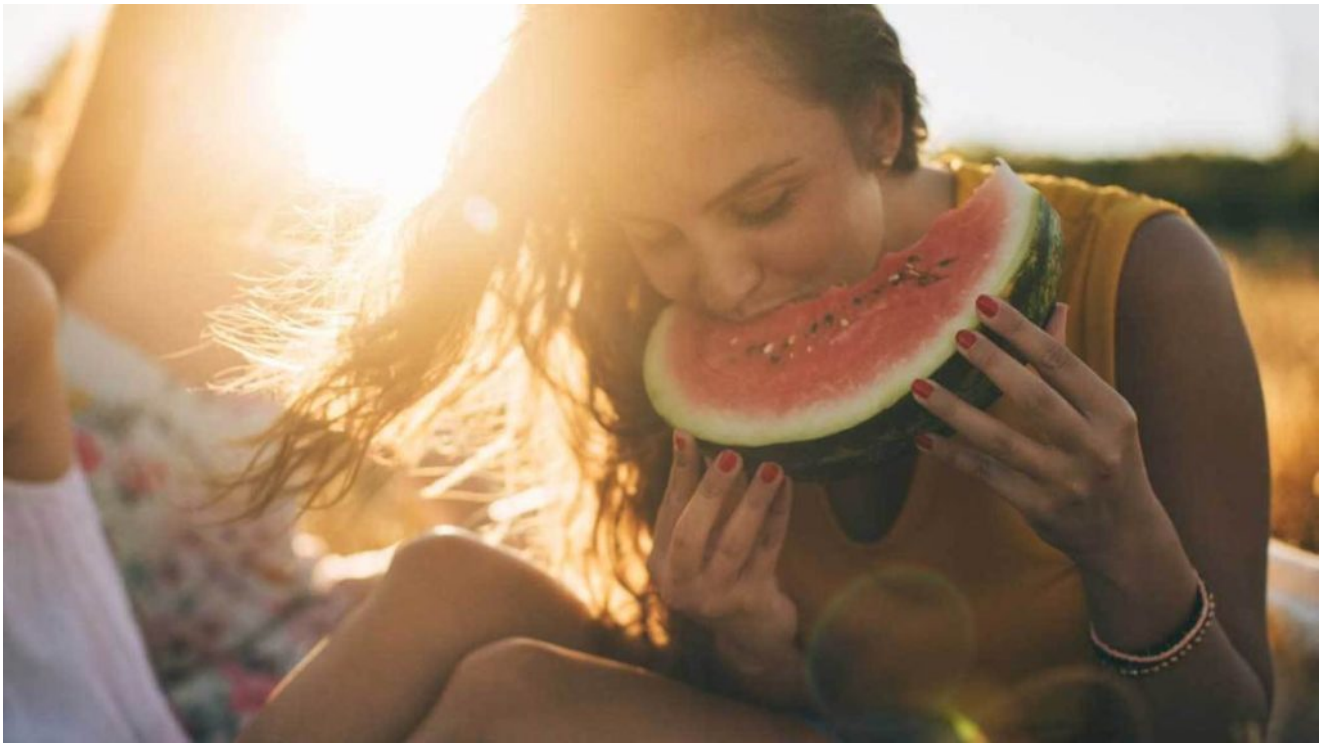
PLANTS & HERBS

Watermelon Helps Hydrate & Detoxify Our Bodies on a Cellular Level

By bestfolkmedicine · 19/07/2019 · 2 min read



Without doubt, watermelons are our favorite summer treat because they're so refreshing and tasty, but also good for us. Watermelon helps us stay healthy, hydrated, and enjoying good food.

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

With a low calorie amount, only 46 calories per cup, and a high level of vitamins and other plant compounds, it should definitely be a part of every healthy diet!

We all know how hydrating watermelon is; however, what you may not know is that it has so many other health advantages to offer and boost your health.

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

Continue reading the article to learn more about the health properties of watermelon-believe us, you will fall in love with this fruit even more!

The Best Health Benefits of Watermelon

- **Optimal hydration and detoxification**

Drinking water is crucial for a hydrated body; however, consuming foods with a high level of water can also be of aid. Luckily for watermelon lovers, this fruit is 92 percent water! Plus, a high amount of water from fruits and veggies prolongs our satiety. The mixture of fiber and water supplies us with a good food volume, without too many calories.

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

- **Lowers inflammation**

Unfortunately, excessive inflammation is the major cause for different chronic illnesses. This is where watermelon can help because it may decrease the inflammation and oxidative stress as it contains important antioxidants like vitamin C and lycopene.

- **Betters the digestion**

Thanks to the fiber and water, watermelon helps you enjoy a healthy digestion. Namely, fiber adds bulk to your stool whereas water improves the movement of the digestive tract. This betters your bowel movements and helps you become more regular.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

- **Betters the skin and hair quality**

The vitamins A and C in watermelon are beneficial for our skin and hair. Namely, vitamin C aids the production of collagen, a protein for a supple skin and a strong hair. Vitamin A is also pivotal for a healthy skin as it participates in the creation and repair of skin cells. Lack of vitamin A can make the skin dry and flaky.

- **May better the cardiovascular health**

Several nutrients present in watermelon are good for the heart. For example, lycopene may decrease cholesterol and blood pressure whereas the citrulline is an amino acid that may help in the

reduction of the blood pressure. There are other nutrients in it that are also good for your heart, including magnesium, potassium, and vitamins A, B6, and C.

- **Cancer prevention**

Lycopene and some other compounds in watermelon have been researched for their anti-cancer abilities. Lycopene may lower the chances for cancer by reducing the IGF, a protein participating in cell division. High levels of it have been associated with cancer.

ezstandalone.cmd.push(function () { ezstandalone.showAds(133); });

Sources:

HEALTH LINE

POWER FOOD HEALTH

HEALTHY FOOD HOUSE

Read online: https://bestfolkmedicine.com/2019/07/watermelon-helps-hydrate-detoxify-our-bodies-on-a-cellular-level/
Downloaded on 28/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.