

Health Benefits of Papaya - Prevent Constipation & Health Ailments

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Constipation is a condition whereby the fecal matter traveling through your colon remains too long in your colon before traveling out of the rectum. You become aware that you are constipated if you have difficulty passing motion or take a few days to do one purge. That said, if you are suffering from constipation, you have been advised to eat more fruits and vegetables to increase your fiber intake. For fruit, have you considered having papaya as a constipation remedy or including it as part of your regular diet?

As a natural remedy, papaya not only aids digestion but also helps prevent constipation. It provides relief from piles and also has anti-cancer properties. Papaya has also been shown to:



- lower cholesterol levels
- prevents the formation of urinary stones
- prevents intestinal infection by parasites
- help in the proper functioning of the body's immune system

For lactating mothers, according to traditional beliefs, papaya also helps to stimulate milk production

Papayas contain papain, an enzyme that helps digest proteins (especially food with gluten). Concentrated amounts can especially be found in unripe papaya. This enzyme helps prevent the accumulation of mucoprotein (partially digested protein) in the body and lymphatic system. In fact, papain has been extracted to make dietary supplements for digestion. Thus, the unripe papaya is considered to have more healing

powers for constipation than the ripe one.

Papayas are a good source of fiber. Its fiber is able to keep cancer-causing toxins in the colon away from the healthy colon cells. Those who are experiencing constipation or at risk of colon cancer should consider taking more papaya. Papaya's folate, vitamin C, vitamin A, beta-carotene and vitamin E have been linked with reduced risk of colon cancer. Additionally, the antioxidant nutrients found in papaya have also been proven to reduce muscle inflammation and the healing of burns and wounds.

The papaya fruit is slightly sweet, with a musky smell to it. It is now mainly cultivated in the warm tropical parts of the world but can easily be found in many supermarkets.

To prevent constipation and for all stated health benefits, here are three simple papaya recipes:

1. Papaya Milk Energy drink. Cut papaya and blend with milk in a 50/50 mix. Add honey if desired. Papaya milk is a good energy drink for growing children.
2. Papaya Salad (Thai Style). Shred green papaya and cut some tomatoes. For dressing, add chopped garlic, 2 tablespoon fish sauce, 1 tablespoon lime juice, cilantro, Thai basil, 1 teaspoon chopped mint, chili padi (optional) and sugar to taste.
3. Unripe papaya juice. Peel off skin and put in blender. This recipe is especially good for the lymphatic system and after a meal that is heavy in gluten.

Including papaya as part of your regular diet is a great idea for a healthy functioning body.