



THE HEALING POWER OF ANANAS COMOSUS

Pineapple contains bromelain. This substance has multiple medicinal effects. It is taken against obesity. The main action of bromelain is the anti-inflammatory effect. This is used in all kinds of rheumatic diseases. Pineapple turns out to be a great medicine for osteoarthritis, arthritis, and gout. In European phytotherapy, naturopathy underpinned by science, the pineapple is a recognized medicine, just like many other fruits with anti-inflammatory effects.

We must take some reservations regarding commercial-agricultural developments. Since the pineapple is cultivated to become more sweet, it is not guaranteed that the pineapple will remain healthy in the future. There are already experts who report that nowadays, there is too much sugar in pineapple, and therefore, it is no longer anti-obesity medicine

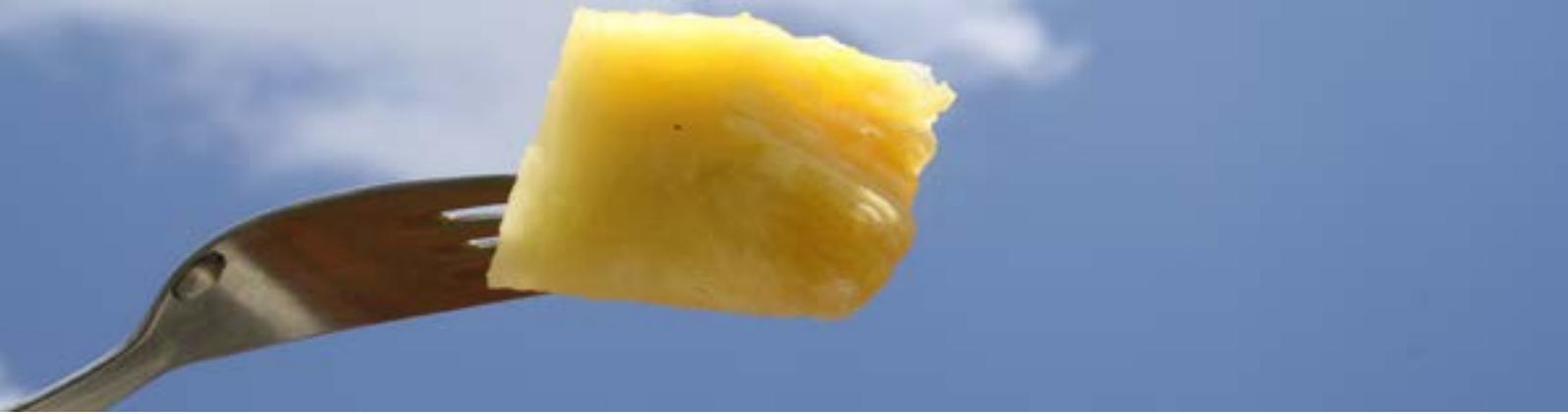
Pineapple and diabetes?

Some scientists say that pineapple is not good in diabetes because it has a side effect that it can cause obesity. Due to changed cultivation techniques, a disproportionate amount of carbohydrates is produced in the plant. On the other hand, there is research showing that pineapple can actually lower cholesterol and triglyceride levels. This indicates that it is good for people with diabetes or obesity. In this study an hydro alcoholic extract of pineapple was used. For research into medicinal effects one often does not use the fruit itself but an alcohol solution, water solution or dried powder, so that one gets standard values that are easier to compare with other studies. Yet fruit extracts do not work the same as fruits, because they do not contain the same components. For example: aerosol flavonoids evaporate when the fruit is dried.

The healing power of pineapple peels

Research shows that an extract of pineapple peel can counteract diabetes through the cooperation of bioactive components in the leaf. Let us first answer the question why scientists will examine pineapple peels, because they are not eaten. The urge for an ecological, circular economy approach also seems to penetrate science. Increasingly, you see that research is being done whether a waste product can not be processed into another product. In the world of nutrition and medicinal plants, it is about peeling or seeds from products that end up on the waste mountain. A series of investigations have been initiated into the use of fruit peels. The shells often contain antioxidants. They can be abstracted from them as natural antioxidants. Natural supplements can be made with this. Flavor substances, possibly with medicinal value, can also be abstracted to make a refreshing beverage. But of course it is all about the medical value. Pineapple peels appear to have the effect that they are worm-repellent. It can therefore be part of a deworming treatment for humans or animals. Pineapple is in the bromeliaceae family. His relatives also have all kinds of pharmacological workings.





Pineapple, potential medicine

In the International Journal of Pharma Research and Health Sciences, an article was published in 2017 about the possibilities of using a few daily fruits and vegetables for their medicinal properties. Pineapple was one of the fruits. It turned out that all fruits have the potential to be used as part of a treatment of a disease. The fruits are good at capturing free radicals, including the *Ananas comosus*, so they can help to prevent a wide range of diseases such as diabetes, obesity, cardiovascular diseases, Alzheimer's disease, ADHD and mental illnesses such as depression, memory- and concentration disorders.

Pineapple, an antibiotic

Pineapple is a possible antibacterial agent against at least the pathogenic bacterium *Staphylococcus aureus*. Researchers do studies on plant substances with antibiotic properties because the synthetic antibiotics have too many disadvantages in the form of resistant bacteria and side effects.

Pineapple peel against arthritis

In a study, the scientists saw that an extract of the pineapple shell has an effect on arthritis. Just like in the fruit, the peel contains bromelain and that is an anti-inflammatory substance. Scientists discovered in the beginning of the 21st century that rheumatic diseases have to do with inflammations, which arise mainly because the kidneys can not properly remove waste products. The pineapple peel extract stimulates the kidneys. It was also noted that there were increased levels of SOD and CAT, which are the body's own antioxidant enzymes superoxide dismutase and catalase. The body's own antioxidants work much stronger to capture free radicals than antioxidants from fruit and vegetables. SOD and CAT are an important part of a healthy immune system and are produced by fresh food such as vegetables and fruit.

Pineapple against cancer

Scientists call some substances from pineapple fruit "very effective" in countering the formation of cancerous tumors. It reduces both the number of free radicals and that it forces a cancer tumor to stop growing. As a result, pineapple creates a double effectiveness against cancer. The scientists also saw that one pineapple species contains more antioxidants than the other. An important part of medicinal food is the knowledge about growing foods with the highest amount of medicinal nutrients.

Bromelain, the active ingredient of pineapple

Bromelain is the active substance in pineapple fruit. It belongs to a group of enzymes that can digest proteins. Bromelain is not one substance; it is a combination of thiol endopeptidases and other components such as phosphatase, glucosidase, peroxidase, cellulase, escharase and various other enzymes. In fact, this medicine is self-reliant; it adapts to the circumstances. Scientists see that it may be of therapeutic interest in heart cramps or angina pectoris, bronchitis, sinusitis or sinusitis, surgical wounds, poorly wounds, thrombophlebitis, arthritis, osteoarthritis, diarrhea, carpal tunnel syndrome, and cardiovascular diseases.



Pineapple against chronic inflammations

Bromelain is an anti-inflammatory enzyme package that can be used in several ways. For example, it also works in autoimmune diseases such as arthritis and Crohn's disease. The problem with these diseases is that the body needs just a little too much antioxidants. Because bromelain itself is a package with antioxidant enzymes, it can work in a more focused and sustainable way than antioxidants from fruit and vegetables. One of the ways in which the immune system is directed in the right direction is: the production of macrophages. However, macrophages are being swept away by an antibiotic treatment. That is why healing with medical food is preferable if the intended effects are the same, because synthetic drugs do not have many side effects and medical food and medicinal plants. The macrophages and the microbiome, or previously called intestinal flora, are disrupted in people with autoimmune diseases. There are also studies that do not show that bromelain acts as a crude extract of pineapple against osteoarthritis on the knee. These studies contradict that it works in autoimmune diseases such as osteoarthritis. However, in the study a bromelain extract was used and that is something other than bromelain from fresh pineapple. The reason for differences in results is unknown to researchers. It is possible that there are several substances from pineapple that together with bromelain provide the desired effect.

Pineapple is kidney protective

Researchers see that a damaged kidney is restored faster when it is given pineapple. The kidney tissue that is affected by free radicals returns to its healthy shape when a pineapple extract was given. This makes the kidneys work better. If the kidneys work better, more waste products are removed. Then the risk of osteoarthritis is smaller, because that is caused by excess uric acid that the kidneys can not process. The researchers have not been able to find out exactly which bio-active components contribute to kidney improvement, but they do see that more body's own antioxidant enzymes such as SOD and CAT are being produced. They think that flavonoids with antioxidant value are also involved in the game. Furthermore they see that saponins must have given anti-inflammatory help.

Pineapple, good for your teeth

Research shows that the bromelain enzyme package is good for combating bacteria. In the medical profession of dentistry, bromelain is more often used as an anti-inflammatory painkiller. Now it appears that it can also prevent caries. However, scientists have not done enough research to present this as a new scientific fact. But perhaps a toothpaste will be available in the future based on pineapple extract. The idea is that if the substances can indeed kill the pathogenic bacteria, toothache and tooth pain is counteracted in this way, because when all bacteria are dead, the cause for painful inflammation is gone. In principle, this already works with cloves, which can counteract toothache and toothache by drinking cloves or sucking on cloves.

Eating pineapple with medicinal purpose

Pineapple can be used for its anti-inflammatory effect. You can only do that with fresh pineapple and not with canned pineapple. Fresh pineapple can be cut into pieces and eaten as a snack. You can use it as smoothie fruit. Pineapple is also an ideal sandwich spread. In combination with cheese you can make a sandwich. A sandwich with organic toasted bread, fresh pineapple and melted cheese is a lot healthier than a sandwich from a cafe of white bread. So enjoy good food with medicinal properties and prevent inflammation at the cellular level. The latter is important because, since the beginning of the 21st century, scientists agree that these cell-level inflammations give a greatly increased risk of diabetes, obesity, cancer, cardiovascular disease, dementia and ADHD. With medicinal food such as pineapple, your body gets in top condition and you prevent diseases.



A

[Anti inflammation diet](#)

[Alpinia galanga](#)

[Alzheimer](#)

[Anemia](#)

[Aspirin](#)

B

[Banana flower](#)

[Barringtonia asiatica](#)

[Beetroot](#)

[Bell pepper](#)

[Bok choy](#)

[Broccoli](#)

[Brussels sprouts](#)

C

[Cauliflower](#)

[Carobflour](#)

[Celery](#)

[Centella asiatica](#)

[Chinese cabbage](#)

[Chocolate](#)

[Cholesterol myth](#)

[Cinnamon](#)

[Purple corn](#)

[Cucumber](#)

[Orange cucumber](#)

D**E**

[Eggplant](#)

[Endive](#)

F

[Fennel](#)

[Food as medicine](#)

G

[Garlic](#)

H

[Horseradish](#)

[Hot pepper](#)

I

[Iceberg lettuce](#)

K

[Kale](#)

L

[Leek](#)

[Lettuce](#)

M

[Mangosteen](#)

[Medicinal Food 2019](#)

[Microbiome](#)

[Microwave food](#)

[Mint](#)

[Morgellons](#)

[Common mushrooms](#)

N

[Nettle](#)

O

[Red onions](#)

[Osteoarthritis](#)

[Otrivin, otrivine](#)

P

[Palmsugar](#)

[Papaya and papaya leaf](#)

[Pineapple](#)

[Potatoes](#)

[Purslane](#)

R

[Root celery](#)

[Romaine lettuce](#)

S

[Shallots](#)

[Shiitake](#)

[Spinach](#)

[Stevia](#)

[Supermarket alternatives](#)

[Sweet potato](#)

T

[Taro](#)

[Tomato](#)

[Turmeric](#)

U**V**

[Vegan milk](#)

W

[Watercress](#)

[Wild vegetables](#)

Z

SUBSCRIBE TO VEGATALES AND GET IT IN YOUR INBOX FOR

18 EURO PER YEAR.

**THIS IS AN INTRODUCTION FEE FOR FRIENDS AND
EARLY ADAPTORS. PRICE GUARANTEED FOR THREE YEARS.**

