

## Prevent Constipation and Other Health Ailments with Papaya

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 and aids 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:

### About the Author

Chris Fernie has developed exercises that increase the rate of digestion and help people understand the factors.

Source: <http://www.productsherbal.com>