

HEALTH TIPS > Compiled by Beatrice Nakibuuka

Soursop may treat cancer

Soursop fruit also known as, custard apple or Brazilian pawpaw is one of the most recommended fruits in the cancer curer worldwide.

Cancer fighting

According to Jamiru Mpiima, a dietitian at Victoria Wellness Clinic, all the parts of the soursop tree are medicinal and it has recently gained attention and popularity due to its natural cancer cell killing properties in both the fruit and the leaves.

Mpiima says, "The fruit has anti-inflammatory properties and is rich in a class of acetogenins, highly potent chemotherapeutic compounds. Once the cancer is detected while it is at stage one (early), taking the fruit as well as its boiled leaves daily may help cure breast, liver and prostate can-

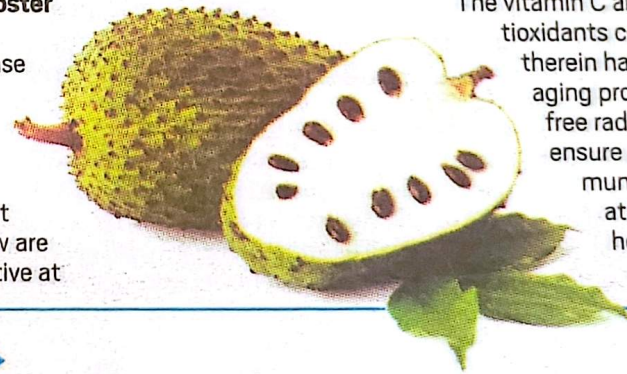
cers." Some studies have identified an anti-cancer potential in soursop seeds, which contain various compounds that target cancerous and other malignant cells for destruction while leaving healthy cells intact. For treatment of cancer, boil soursop leaves in three cups of water until only one cup of water remains, cool it and drink every morning.

Immune booster

Soursop boasts a dense array of phytonutrients and antioxidants that studies show are highly effective at

destroying cancer cells and warding off chronic disease and boasting immunity. It is rich in calcium, vitamins B and C, magnesium, phosphorus and iron. "The nutrients help to boost the body's immunity to fight infections, minimise inflammation, protect eyesight, and quell digestive upset, among many other beneficial uses in maintaining health," he says.

The vitamin C and the antioxidants contained therein have an anti-aging property to kill free radicals and ensure your immune system is at optimum health so it can effec-



tively perform its functions.

Treatment of diabetes

The nutrients found in soursop leaves are believed to stabilise blood sugar levels in the normal range. People often use its extract as a natural diabetes remedy.

Boil some soursop leaves in four cups of water until one cup water remains and drink this concoction regularly once in a day for good results.

"Since the fruit has been found to lower blood pressure, people on blood pressure medication should consult their doctor as their dosage may need to be adjusted," Mpiima advises.

Medical experts also warn pregnant and lactating women against the use of soursop because the effect of this fruit to babies and fetus is not yet known.

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