Natural Immunity boosters

Blackcurrants good for your heart

Black currants are one of the best known sources of the polyphenol antioxidant class called anthocyanins. This antioxidant helps the immune system defend the body against viral infections, such as those that cause enteritis (inflammation of the intestine, especially the small intestine, usually accompanied by diarrhea) and common colds.

Black currant is useful in draining tissues and is therefore great at fighting inflammations, arthritis, gout and prostatitis among others. It is rich flavonoids, which if consumed on a regular basis are very beneficial in keeping your heart healthy and reduces the risk of various cardiovascular problems such as heart attack, stroke, and irregular heartbeat.

The antioxidants prevent the inner walls of our arteries from oxidative damage and also minimise the formation of toxic substances on the interior walls of blood vessels. This helps in the smoother flow of blood through our cardiovascular system and thus keeps it healthy.

It contains potassium which which relaxes your blood vessels and ensures smooth flow of blood and thus helps in regulating blood pressure. It is helpful in clearing up skin problems such as dermatitis, psoriasis, or eczema. Black currant tea gives many menopausal women relief and regulates hormones.



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