



“ART OF AWARENESS LIVING” 108 CIRCULAR SERIES.

CIRCULATE DAILY- MULTIPLY NEW FRIENDS

MEDICINAL AWARENESS TIPS OF CARROT

Among all the vegetables, Carrot is the most popular vegetable in the world. There are many varieties of Carrots. Broadly they can be divided into Asiatic type which will be larger in size, darker in colour and sweet in taste and European type which looks smooth in surface, thin core, less fibers in nature. Nutritionally carrot is extremely rich in Vitamin A, contains more than any other vegetable. In addition to that carrot rich in sodium, sulphur, chlorine, vitamins B, C and traces of iodine. Now let us see the curative properties of carrot.

EYES: Since carrot contains very rich source of Vitamin A, which is eyes friendly, it helps to improve the eye sight.

GENERAL TONIC: Carrot works like an excellent general tonic for skin, teeth, gums, bones and hair. It brightens the skin, keeps bone and hair healthy. It also overall purifies the body, gets relief from cough and joint pains.

HEART: Carrot plays a very important role in preventing heart related diseases. So people with heart problems are advised to consume carrot.

IMPROVES SPERM COUNT: Carrot is very much male friendly. A man whose sperm count is less and wants to become father, carrot is a great blessing for them. Consume carrot in halva form.

CANCER: Carrot also helps in preventing in certain types of cancers.

STRESS: If you take fresh carrot juice, it reduces stress, it reduces tiredness and gives instant energy to the body.

DIGESTIVE DISORDERS: Chewing carrots increases saliva and quickens digestion. On routine consumption of carrot, prevents gastric ulcer formation and other digestive problems. Take carrot juice for best results to treat intestinal colic, colitis, appendicitis, peptic ulcer and dyspepsia etc.

CONSTIPATION: If you take juice made of carrots and spinach in the ratio of 3:1 added with little lemon juice for taste, regularly for long term, constipation problem will be solved.

DIARRHEA: Carrot soup is a very effective natural remedy for diarrhea. It also checks the growth of harmful bacteria as well as prevents vomiting. It is especially useful for children. Results will appear within 12 to 24 hours.

THREAD WORMS: Since carrot is offensive to all parasites, it is very effective in elimination of thread worms. Take only a cup full of carrot cut pieces, without any other eatables, in the morning regularly, will clear the worms soon.

ENHANCES LACTATION: Carrot is a very good mother friendly, its' consumption enhances milk's nutrition and production in lactating mothers. It also controls bleeding in ladies during periods.

BLOOD PRESSURE: Carrot is an enemy for bad cholesterol, hence it dissolves cholesterol and helps to reduce your blood pressure.

INFECTIONS: If you want to protect your body with various infections, daily, routinely consume a glass of carrot juice, it also helps adrenal gland.

OTHER BENEFITS: Since carrot has got rich fibre, it keeps the colon healthy. It helps to solve ulcers and urine problems. If you take a glass of carrot juice on regular basis, it prevents from sleeplessness. Chinese believe that carrot is the tonic for liver health. It also helps in controlling blood sugar level. Improves memory.

CONSUMPTION: Carrot can be consumed in various ways. They may be eaten as raw or used in salads or boiled or cooked in to edible. It can be used as pickle, juices and soups. It is also used in making sweet dish payasam, snack like carrot laddoo, carrot pakodi etc.

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