



“ART OF AWARENESS LIVING” 108 CIRCULAR SERIES.

CIRCULATE DAILY- MULTIPLY NEW FRIENDS

MEDICINAL AWARENESS TIPS OF GRAPES

Grapes one among the few important and popular fruit among major parts of the world. They are highly delicious nutritious and very easily digestible. Grapes are available in various sizes, shapes, colour, aroma and taste. They are available in green, black, red and blue colour. It contains more than 90% moisture. 7% carbohydrate, little proteins, fats and minerals like calcium, phosphorus, iron, vitamin C and small amount of vitamin A and B. Grapes curative qualities are many. Probably grapes curative values are the best, compare to any other fruits curative values. Let us see the unlimited curative properties of grapes.

- Ø It is a very easily digestible fruit. Its' Carbohydrate contents, glucose instantly converts into energy. It is the highly recommended fruit for people with indigestion problems, patients, aged people and for kids. It throws away weakness instantly and boosts energy in the body.
- Ø People suffering with constipation: If they make a regular habit of consuming a glass of fresh grape juice or take grapes in the morning, any long time chronic constipation, the cure is guaranteed. In non season, raisins soaked in water can be used.
- Ø People when suffer with body heat, grapes are surely a remedy for their problem.
- Ø For irritation in the stomach, grapes or grape juice is the suitable instant remedy.
- Ø Grapes are very useful in treating asthma. Grapes or grape juices are benifitious in treating asthma. Even patients stay or at least spend some time in grapes garden daily. Patient recovers early.
- Ø Weak people. Patients suffering with anemia, if they consume grapes regularly, problem vanishes soon. They help to enhance blood production.
- Ø If any non healing chronic wounds or sores are on the body for long time, make paste of ripe grapes, apply it.
- Ø Migraine is very horrifying headache, cripples patient's life miserable. For such unbearable migraine sufferers, ripped grapes fresh juice, daily two times highly recommended, to completely cure their migraine problem.
- Ø Grapes are also kidney's friendly. It is a very good home remedy to strengthen kidneys efficiency, as well as in protecting the formation of kidney and bladder stones.

- Ø Grapes are highly recommended simple, sweet home preventive easy remedy, for life threatening, heart attack and heart related problems. They are very effective in cardiac pain and palpitation of heart. If the patient or people want to keep their heart healthy, have to adopt exclusive grapes included diet for few weeks. If one is suffering with heart problem, already suffered heart attack for them grape juice is very valuable. This will protect from serious consequences by reducing pain as well as palpitation.
- Ø Grapes are very highly effective in all sorts of lives disorders. They stimulate glycogenic function as well as effective bile secretion.
- Ø Grapes are extremely useful for kids. They are excellent blood generators. Grape juice is an extremely useful, easy house hold remedy for children. It is an excellent remedy for constipation or convulsions due to constipation in children. Grape juice is an excellent food alternative for infants during teething periods. If infants or kids are weakened because of any disease, they can recover fully soon, if given grape juice, twice a day.
- Ø If you regularly consume grapes, they fight very effectively against pyorrhoea, as the organic acids present in grapes are very strong antiseptic. It helps to set teeth firmly in jaws, by making gums strong.
- Ø Grapes are very effective in the treatment of alcoholism. Since grapes are basic ingredient to make alcohol, grapes itself supply poor quality of alcohol, which dissolves the craving of alcohol based drinks in alcoholics. An exclusive grapes based food should be included in alcoholics.
- Ø Grapes are also effective in curing jaundice. Hepatitis very effectively.

Note that if all colored grapes are available in the market, give priority to black grapes, as they have more curing properties compared to other varieties. Buy only ripe grapes. Since they are perishable easily, preserve them in fridge, wash them for their chemicals settled on surfaces thoroughly, before consuming.

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