



## Natural Notes: Healthy living naturally

Never worried about striking a nerve, I've been an activist on many issues. This is healthy for discussion.

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### Fruit Extracts May Be a Weight Loss Winner

- cholesterol and irritable bowel may benefit too



Whole grapefruit has been considered a weight loss helper for many years. Today, in addition to eating the whole fruit (red is best), fruit concentrate, extracts from the seed and skin as well as the rind can offer support.

Whole grapefruit extract helps lower insulin. A lowered insulin level helps you shed pounds. One study in 2004 proved that by eating a half grapefruit (organic is best) three times a day, or taking the 500 mg capsules, you might lose up to 3 pounds a week.

Products made from the rind or pectin has shown to effectively lower cholesterol. The action is believed to be either blocking absorption or by binding and excreting. If using pectin plan to take about 1-2 grams daily.

Grapefruit seed extract has helped people with irritable bowel (IBS). This is usually found as a liquid or in capsule form. Use 10-15 drops of the extract in water three times a day, or 100-200 mg capsules.

It is cautioned that eating grapefruit may interfere with cholesterol lowering drugs, calcium channel blockers, benzodiazepines, and some cyclosporine class antibiotics. This has not been established for the extract or seed extract.

Always check with your health care provider.

In a more recent study, people who did not respond to statin drugs were given either a single serving of fresh red grapefruit, white grapefruit, or no grapefruit, along with regular, balanced meals for 30 consecutive days.

Those who received either red or white grapefruit showed significant decreases in blood lipid levels. People eating no grapefruit showed no changes. Red grapefruit was more effective than white in lowering lipids, particularly blood triglycerides, the most deadly of all blood fats more often associated with heart problems.

It is thought that antioxidants in grapefruit are responsible for their health benefits, along with fiber, but the red variety generally has higher antioxidant levels and lycopene. Some researchers believe that red grapefruit may contain unknown chemicals that are responsible for the observed triglyceride-lowering effect.

Both the fresh fruit and the juice are believed to be equally beneficial; one cup of fresh grapefruit is roughly equivalent to half a cup of juice.

Grapefruit contains high levels of a flavonoid called naringin, now being studied for its anti-cancer effect.

More about grapefruit nutrition – “Tart and tangy with an underlying sweetness, grapefruit has a juiciness that rivals that of the ever popular orange and sparkles with many of the same health promoting benefits. Although available throughout the year, they are in season and at their best from winter through early

spring.” <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=25>

This juicy fruit contains citric acid, natural sugars, essential oils like limonene, pinene and citral. It has high amounts of vitamin C, and smaller amounts of vitamin A, B complex, E and K.

In the mineral department, larger amounts of calcium, folic acid, phosphorus, and potassium are found. The nutritive phytonutrients of this voluptuous fruit include limonoids, flavonoids, lycopene, and glucarates to help fight cancer and various diseases.

### **Juicing for Health shares this list of good uses for grapefruit -**

When eating or juicing grapefruit, peel off the skin but leave as much of the albedo (spongy white matter under the skin) intact as possible as it contains the highest amount of valuable bioflavonoids and other anti-cancer agents.

**Acidity:** Although grapefruit has a sub-acid taste, its juice actually has an alkaline reaction after digestion. This has a profound effect in the treatment of acidity in the digestive system that causes a host of other health problems.

**Atherosclerosis:** Pectin in this fruit has been found to be effective in reducing the accumulation of arterial deposits, and the vitamin C helps to strengthen and maintain the elasticity of arteries.

**Breast cancer:** In another study, the bioflavonoids found in grapefruit were discovered to even halt cancer cells from spreading in breast cancer patients, by ridding the body of excess estrogen.

**Common cold:** A common cold is usually your body telling you that you are overworked. A regular drink of grapefruit during a stressful period gives your immune system the boost needed to prevent it coming on.

**Cholesterol:** A certain compound found in grapefruit helps reduce the excessive production of cholesterol from the liver.

**Diabetes:** A diabetic can safely eat a grapefruit. In fact, more consumption of this fruit will help reduce the starches and sweets in the system. If you have a tendency towards diabetes, consume more grapefruit juice to prevent it.

**Digestive disorder:** This juice helps to promote digestion by increasing the flow of gastric juices. Eat the fruit together with its albedo and pith for their extra fiber that aids bowel movements.

**Fatigue:** At the end of a long and tiring day, drink a glass of grapefruit juice with lemon juice in equal parts with a little honey, to dispel all fatigue and tiredness.

**Fever:** Besides drinking plenty of fluids, also drink grapefruit juice to reduce fever.

**Insomnia:** A drink of grapefruit juice before bedtime helps to promote sleep and alleviates insomnia.

**Pregnant woman:** The bioflavonoids and vitamin C help to reduce water retention and swelling of the legs during pregnancy.

**Sore throat:** Drinking a freshly-squeezed grapefruit juice helps relieve sore throats and soothes coughs.

**Stomach and pancreatic cancer:** The anti-cancer agents in grapefruit (especially in the albedo) are particularly protective against these cancers in the digestive system.

**Weight-loss:** This fruit has a fat-burning enzyme and can help to absorb and reduce the starch and sugar in the body. It is widely consumed by people who are trying to lose weight. Take a glass of grapefruit juice twice a day and eat normally.

Posted by [gayle\\_eversole](#) on February 19, 2011 at 6:04 pm