



**“ART OF AWARENESS LIVING” 108 CIRCULAR SERIES.**

**CIRCULATE DAILY- MULTIPLY NEW FRIENDS**

## **MEDICINAL AWARENESS TIPS OF ORANGE**

Orange is one of the fine blessings of nature to the mankind. Among all the citrus fruits, Orange is the most popular fruits. It is very delicious, nutritious and liked by every body irrespective of age or continent. There are various varieties of oranges. But popular are loose skin oranges, tastes sweet. Orange contains over 85% water, Carbohydrates 11%, little contents of protein, fat, fibre and minerals like calcium, phosphate, iron, vitamin C, B and A. Apart from mouth watering taste, now let us see the unlimited curative properties of Orange.

- Ø Oranges are a very good heart friendly. They are proven in reducing the B.P, as well as reducing the cholesterol. Thus it works as a heart friendly which ultimately works like a heart guard, in protecting precious heart from all types of problems and supports in efficient working. In cardiac conditions, orange juice with honey is recommended.
- Ø Oranges are excellent boosters of body's immunization system. People suffering with frequent attack of communicable diseases, weak patients, senior citizens, children and feeding mothers are advised to consume oranges regularly.
- Ø Orange is a proven protection from ulcers.
- Ø Orange is an excellent costless, strainless, easy, simple dependable home remedy for constipation as well as irritable bowl syndrome. Patients of constipation or irritable bowl syndrome are advised, at least one orange at bed time and one in the morning, to get quick relief from their problem.
- Ø Orange works as wonder gift for diabetes. It not only adds fibre contents to the food, but also helps to control the sugar levels in the blood.
- Ø They help in preventing formation of stones in Kidneys.
- Ø If, regularly consumed an orange morning and evening, senior citizens, people suffering with diminishing eye sight can prevent further degradation of their eye sight.
- Ø Obesity is the major health problem, which is spreading like wild fire, in many developed and developing countries. Orange is an excellent proven remedy in protecting from obesity as well as controls body weight, from future gain.
- Ø Orange is a cost less, great home beauty aid. By consuming orange juice, skin will become bright, smooth and attractive because of its rich vitamin C content.

- Ø Persons suffering with vomit and cough, if they take oranges, they will come to normal condition soon.
- Ø Oranges are an excellent remedy for pyorrhea. Regular consumption of oranges will cure pyorrhea, with in a couple of months.
- Ø Oranges are well known for their protection abilities of bones and teeth. Their rich content of Vitamin C will protect and strengthens teeth and bones.
- Ø Orange is a very good friendly fruit for children. Its' juice is considered as very valuable food for infants who are not fed with breast milk. It prevents scurvy and rickets, as well as helps for good growth. Its juice is recommended for kids, whose growth is not satisfactory.
- Ø Orange juice with honey with a pinch of salt is a very effective remedy for tuberculosis, asthma, cold and all other condition associated with Cough and Lungs.
- Ø To cure pimples and acne, pound orange peels on a stone and apply the paste at affected places.
- Ø Orange is an excellent home tonic for overall health. It has great protective values against the diseases related to mouth, throat, digestion systems related organs cancers, alzhamire, Parkinson disease, Cataract, Calera, breathe related organ cancers etc. Orange oil extracted from its rind is valued in perfume making.

Orange can be used in different ways to enhance its intake, in different situation, utilities and ages. Orange can be taken as it is, juice form, squashes, marmalades etc.

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