



Locally Produced Juices And Their Use In Medicine

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Introduction:

Carrot juice is produced from carrots, often consumed as a health drink and also we can say that carrot is among varieties of fruits which is very important for human being use because it can be used as medical purposes.

We say that carrot juice could use as medical purpose because of the following three substance stand out in the composition of carrots.



Carotenoids, among of the most notable of which is beta – carotene, which the body transforms into vitamin A. carotenoids are essential for the proper function of the retina, particular for night vision or in low light situations. They also help to maintain the skin and Mucosa in good condition.

Vegetable fiber: carrot contain about 3%, most of which in the form of pectin. This helps regulate the transit of stool and soothes the intestinal mucosa.

Essential oil: this is active against intestinal parasites. Carrots are very useful in disease of the retina and of the eyes in general, skin disorders, gastritis, excess gastric acid, colitis and in the presentation of cancer. Carrot juice is made as a refreshing, delicious and nutrition beverage.



Energy	43.0 kcal = 181 kj
Protein	1.03g.
Carbohydrate	7.14g.
Fiber	3.00g
Vitamin A	2.813 mg RE
Vitamin B ₁	0.09 mg
Vitamin B ₂	0.059 mg
Niacin	1.11 mg
Vitamin B ₆	0.147mg
Folate	14.0 m
Vitamin B ₁₂	
Vitamin C	9.30mg
Vitamin E	0.460mg
Calcium	27.0mg
Phosphorous	44.0mg
Magnesium	15.0mg
Iron	0.500mg
Potassium	323mg
Zinc	0.200mg
Total fat	0.190g
Saturated fat	0.030g
Cholesterol	
Sodium	35.0 mg

MATERIALS

You will need

5 large Organic carrots

Juicer

Paper towels

Pitcher

Stirring spoon

Drinking glass

Mason jar or other air – tight container

Many people who engage in using carrot juice have been beneficial healthy. According to scientist experimentation, 90% of people with night blindness they get benefit for their medical problems. Also people with skin disorders also helps much when using the juice.

The juice helps people with excess of gastric acid because, using carrot juice often reduces the amount of gastric acid in the stomach. More than that also carrot juice helps in the prevention of cancer.

Carrot juice helps relieving conspiracy, as you increase the carrot juice you drink, more chances you make more comfortable. This happens when carrot juice reaches your intestines and colon.

Carrot juice produces Miraculous results – Keratosis Pilaris: to share here as well, I recently started drinking fresh carrot juice daily (I now live next to a wild Oats this condition is. I sincerely hope other will have the same result as me). Drinking carrot juice is excellent for the liver, and even skin and hair. Many people consider drinking carrot juice is one of the healthiest lifestyle possible.

Carrot juice Supply a good amount of beta – carotene (pro vitamin A) which turns into vitamin A, and protects the skin. This beverage is ideal to maintain a beautiful and shiny complexion, and the fight dry skin and skin atrophy
Due to the Beta – carotene found in carrot juice there is a most notable quality to protect the cells against carcinogenic Substances, thus avoiding cancer development.

Conclusions:The conclusion made is that, one of the biggest benefits juice is nutritional contents of carrots juice. Whenever such discoloration takes place after drinking carrot juice or other juices, it is an indication that liver is getting a well need cleaning.

Drinking carrot juice increases total antioxidant status and may protect the cardiovascular system by increasing total antioxidants status and by decreasing lipid. Drinking carrot juice did not affect (P>0.1) plasma cholesterol concentration than the women.

In conclusion drinking 16 (f1) Oz of fresh juice daily is significant.

Beetroot juice health benefits a nutrition, try the best beetroot juice power of drinking the juice with a peak drop occurring 3-4 hours after ingestion.

According to the above information, we see that, the uses of carrot juice have been giving us most of benefits to our bodies for better healthy and better growing of our bodies. This can be used for medical purpose as we have seen before has more nutrients in its composition.

People are advised to use the juice locally more than using chemical juices that which are produced chemically at industries. Adding of chemical in industries juices may increase many problems to our bodies such as cancer, destroying lungs, and others.

This juice can be used by all people; children, youth adults and even elders for more benefits and encouragement of nutrients found it .

References:

All information written above came through internet. Another information obtained from Tanzaniaan institute of food and Nutrition through the following books:

TITTE : ENCYCLOPEDIA OF FOODS HEALTHY RECIPES VOLUME 3' AUTHOR: GEORGE .D. PALMONA – ROGER, M.D SETTING: SPAIN PUBLISHER: Nexo Grafic – E – 46988 Paterna, Valencia, Spain YEAR: JANUARY 2007

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