



## Benefits Of Fruits Juices

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DRINKS

There are many healthy fruits juices benefit to our health and also fruits make younger long time

### 1. ORANGE JUICE:-



The orange's juice is worth all. From small children to old people. Orange fruit is not only tasty but also very beneficial. Orange is available in all the seasons in winter, summer, and monsoon. In orange are rich in vitamin C and vitamin D in abundance. The body is fit to eat oranges and helps to remove diseases. Let us discuss the benefits of oranges.

Benefits of orange juice:-

- ~> Magnesium and potassium in orange are just in excess.
- ~> By eating an orange, the immune system strengthens and fears like cold and flu are lessened.
- ~> Increases the capacity of white blood cells.
- ~> Vitamin C increases the beauty of the skin. And makes delicate.
- ~> The orange is very helpful in recovering the wound from any parts of our bodies.
- ~> In the orange juice the antioxidant element is in abundance. Which works to reduce the effect of cancer.

## 2. TOMATO JUICE:-



Tomato is a red color fruit. But people recognize it in vegetables. It is beneficial for you to eat as much as Tomato. In the present, Tomato has more production in India. Tomato is a red color and a green color. There is no difference between the two. Empty red color is ripe. Tomato is rich in vitamins and minerals. Which

includes vitamins A, K and C in particular form. Not only this but it also contains folate, iron, magnesium, and potassium.

**Benefits of tomato juice:-**

~> Tomato juice is excellent for enhancing blood and low blood pressure.

~> Tomato is beneficial for bone strengthening.

~> Tomato contains an antioxidant element that protects the skin from the upper rays of the sun.

~> Tomato helps in reducing it for cancer patients.

~> Tomato juice becomes very helpful in reducing weight.

### **3. PINEAPPLE JUICE:-**



Vitamin C and Magnesium are rich in pineapple. This is used for salads, desserts, and juices. Pineapple enhances your body's immune system.

**Benefits of pineapple juice:-**

~> The pineapple is beneficial for colds and coughs.

~> Eating pineapple for eyes reduces the number of eyes.

~> Drinking summer pineapple juice in the summer feels less heat and sweating lessens.

~> It contains vitamin C and magnesium so that the bones become stronger and the risk of cancer is also reduced.

### **4. APPLE JUICE:-**



There is a lot of nutrition in Apples. Which is very good and essential for our body. If you want to drink apple juice, drink it juice with its elongation. Whether you drink apple juice or eat it whole, it is beneficial for both nutrition.

Benefits of apple juice:-

~> Apple has flavonoid that protects the body from diseases such as asthma. And it prevents it from happening.

~> Apples-to-lever-like objects of devastating diseases are released.



Carrots come in vegetables. It gets very much in the winter only. This can be done in a dessert but only as much as possible, raw should be eaten as much as possible. Get betacarotene from carrots. Which is a very good thing in the eyes.

Benefits of carrot juice:-

~> Drinking juice of carrots benefits your skin. And becomes smoother.

~> To improve the digestive system, the juice of the carrot gets better after drinking it early in the morning.

~> The ingredients contained in carrots are beneficial to control blood sugar.

~> Increases the ability of the disease to resist the disease of carrots. So that there is no disease in the body.

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### About Author:

#### *Vidhi*

Dr. Vidhi who has made wholeheartedly contribution to the welfare of many people through Ayurveda is one of the million people who was inspired by her father and her own life incident to choose the correct path in her life. Born in a family of renowned physician Dr. Madan Gulati and Dr. Saras Gulati, she was brought up under the shadow of Ayurveda. This was not just a reason to choose Ayurveda as her career but one of her childhood events also molded her into a true believer of Ayurveda.