



Pears (Healthy Fruit) : Nutritional Facts And 5 Amazing Healthy Benefits.

Author : vidhi mistry
Posted : Dec 14, 2018

HEALTH

Pear is a popular fruit. Pear is an integral part of the fruit of many cultures around the world, and this lush fruit provides a lot of nutritional and medicinal benefits. Some species of this are like chandeliers, whose height is not high. Many varieties of pears are used as decorative trees and shrubs.

Pears have been used for medicinal benefits for thousands of years, besides its availability and taste. The minerals, vitamins and organic compounds present in pears are very beneficial for health. Pears contain some active and effective components such as potassium, vitamin-C, vitamin K, phenyl compounds, folate, dietary fiber, copper, manganese, and magnesium as well as B-complex vitamins.



[image source](#)

Wound Healing

Vitamin C is an essential part of synthesizing new tissue in various body parts and cellular structures. It ensures to run the body's metabolism smoothly and to properly handle all the functions. Apart from this, the wound healing that can cause acerbic acid can fill small injuries, cuts and injuries from injuries and diseases. It also helps repair damaged blood vessels, thereby reducing stress on the cardiovascular system.

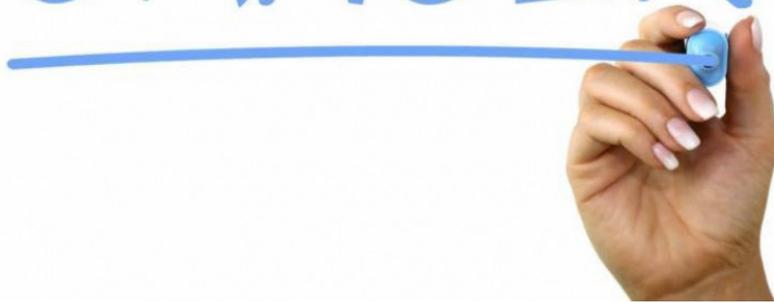


[image source](#)

Reduce Weight

Some people have complaints about different fruits and calorie content and natural sugar contained in them. However, pears are one of the lowest calorie fruits. An average pear has more than 100 calories, which is 5% of the daily calories of a healthy diet. However, you feel your stomach filled with fiber present in it. Therefore, for those who are trying to lose weight, pears are very good fruits. With a low impact on weight and obesity, it is a high-energy, high-nutritious diet.

CANCER



[image source](#)

Cancer

Pears contain anti- carcinogenic properties and it is associated with the prevention of many different types of cancer, including colon, rectum, breast, prostate and lung cancer. Pears contain hydroxycomic acid which helps prevent stomach cancer. Fiber contained in it prevents stomach cancer from growing. Many other antioxidants are found in pears compared to many other fruits. Pears can be very helpful for smokers. Smoking can get rid of cancer by regularly consuming pear after smoking. According to a research panel of experts, smoking can promote carcinogenic substances inside the human body. These carcinogens cannot be easily removed from the body. However, if smokers consume a pear after smoking then the toxic substances can be destroyed immediately through the urine through the urine. The leaves of pear trees are important sources for tea. Its tea can be dealt with by diseases such as urethra, cystitis and calculus.



[image source](#)

Immune System

Similarly, the body's immune system is also enhanced by the activities of antioxidants and vitamins-C present in it. Vitamin C is considered beneficial for the immune system for a long time, because it stimulates white blood cell production and activity. Traditionally, fruits such as pears are advised to eat in normal conditions such as common cold, flu or other mild diseases. This can help in promoting a rapid immune system.

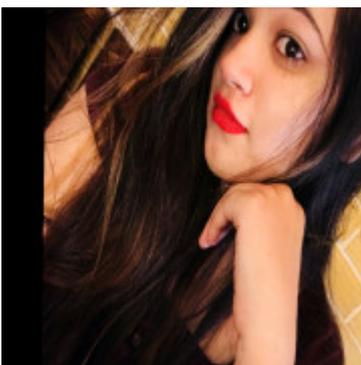


[image source](#)

Pregnancy

Folate is another valuable nutritional component of pear. Folic acid has a positive correlation with neural tube defects in neonates, so eating folate-rich fruits such as pears can protect your child's health and happiness, so pregnant women always have their own It is encouraged to monitor folic acid levels.

Tags [HEALTH](#)



About Author:

Vidhi mistry

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.