



Papaya Leaf

Benefits and uses: Papaya Leaf contains a remarkable protein-dissolving enzyme called papain, and if you suffer from indigestion or heartburn, gives Papaya Leaf a try! The enzyme in Papaya Leaf also breaks down wheat gluten and carbohydrates for extra digestive protection.

Information: Herbs/Nutritionals/Medicinals can be very strong, consequently, if each one is not tailored to your specific needs, then you can risk more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbs/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at www.VibrantHealthCommunity.com (or call 1-866-378-8253) before starting or changing your program.

Details

Some of Papaya Leaf's constituents include the fermenting agent myrosin, alkaloids, rutin, resin, tannins, carpaine, dehydrocarpaine, pseudocarpaine, flavonols, benzylglucosinolate, linalool, malic acid, methyl salicylate, another enzyme, chymopapain (latex and exudate), calcium, iron, magnesium, manganese, phosphorus, potassium, Zinc, beta-carotene, B-vitamins and vitamins A, C and E.

Papaya Leaf is an excellent treatment for digestive disorders and extremely useful for any disturbances of the gastrointestinal tract. Papain, the powerful enzyme in Papaya, helps to dissolve and digest protein, thus easing stomach ailments and indigestion. (Because papain breaks down tough meat fibers, it is often used in restaurants and is the major ingredient in commercial meat tenderizers!) Papaya has been effective in easing heartburn and is given to treat dyspepsia and gastric catarrh. Papaya also stimulates the appetite.

Papaya Leaf's enzyme, papain, not only digests protein, but it extends its activity to digesting carbohydrate. Papain also breaks down wheat gluten, which may be helpful for those suffering from Celiac disease; and those who have difficulty digesting starchy foods, such as breads, cereals and potatoes, might find great relief in including Papaya in their diets.

The papain in Papaya is thought to relieve acute prostate inflammation and may be very helpful in cases of benign prostatic hypertrophy (BPH). Clinical studies in Russia found that papain treatment reversed rectal lesions induced by extreme prostate enlargement in over 97 percent of the men treated.

The papain in Papaya is currently undergoing studies to investigate its efficacy in treating the Herpes simplex virus and Herpes zoster (shingles). Another papayan enzyme, chymopapain, has been used in the treatment of slipped spinal disc and pinched nerves. Since many stomach problems are the direct result of indigestion, use of Papaya appears to help prevent many ailments. It stimulates digestive acids and the production of bile, which may also lead to a healthier liver and pancreas. Papaya is said to stimulate the bowels in times of constipation and is also believed to be useful in treating inflammatory bowel disorders.

In many areas of the world, Papaya is used as a vermifuge, anthelmintic and amoebicide that eliminates worms and other parasites, and it is thought that the papain content digests the invaders, and Papaya's latex also works as a dewormer by its purgative actions, increasing the movement of intestinal contents.

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