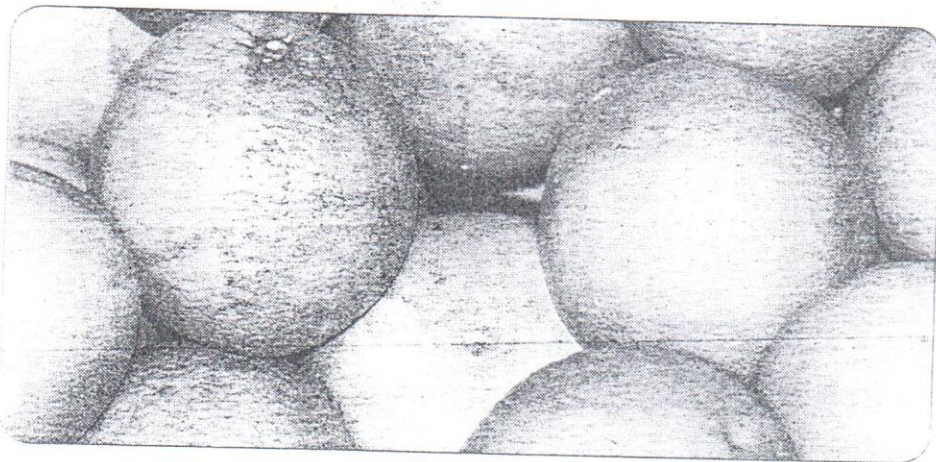


Oranges do keep the doctor away



GOOD LIVING

BY SOLOMON KARANJA

The article "Health and nutrition," published in 1986 in Madrid by Dr Schneider, rightly pointed that Vitamin C increases the production of interferon, a protein that inhibits the proliferation of viruses and stimulates the immune system and halts the growth of tumoral (cancerous) cells.

Oranges, which have a generous supply of Vitamin C, should be a must in the diet of anyone with an infectious disease. Eating oranges can shorten the length and severity of symptoms of flu and colds. They not only increase the production of anti-viral proteins produced by the body – interferons – but also halt the development of viruses within the human cells. Studies have shown that at least four oranges a day are needed to achieve results. It can thus be concluded that eating at least five oranges daily is enough to deal with any type of infectious disease, including those associated with children and

immuno-suppression.

The United States produces 30 per cent of the world's oranges, primarily for domestic consumption. Brazil, on the other hand, produces 34 per cent, much of which is exported as orange juice concentrated to Northern Europe. Orange production exceeds that of all non-citrus fruits combined in the US. There are numerous chemical ingredients that have been found in oranges and more continue to be discovered even today.

There are 9.35gms of sugar per 100gms of oranges, which in small amounts can be tolerated by diabetics. The sugars include Saccharose, dextrose and laevulose. The orange contains potassium and calcium in significant amounts, but iron and magnesium in small amounts. Vitamin A, B1, B2, folic acid and C are also contained in this fruit as well as Flavonoids (plant chemicals), which improve the activity of Vitamin C and prevent inflammation (reduce swelling) and anti-carcinogenic properties that have positive effects on the circulatory system.

Trout L showed in the *American Journal of*

Clinical Nutrition in 1991 that high doses of Vitamin C and quercetin found in oranges supplement each other, producing a powerful anti-oxidant effect that slows down the ageing process.

Oranges makes blood more fluid and improve circulation, particularly in the brain and heart. The flavonoids in oranges inhibit the build-up of clot forming platelets in the blood.

The inner white peel of the orange is rich in pectin, a vegetable fibre with anti-cholesterol properties. It has been shown by the National Cancer Institute of the USA that the pectin is a potent inhibitor of prostate cancer in laboratory rats. Oranges stimulate the emptying of the gallbladder with subsequent laxative effect of bile in the intestines. The fruits have been shown to reduce macular degeneration of the retina, the principal cause of blindness in individuals over the age of 65 in western countries. With 30mg per 100gms of calcium, the richest of any fruit, oranges are recommended in cases of osteoporosis (bone weakening).

Eating five oranges daily reduces allergic reactions such as rhinitis and bronchial asthma. Regular orange consumption is necessary since due to its extraordinary chemical composition it increases resistance to diseases, protects arteries, reduces allergies, alkalinises the blood and re-mineralises the bones, thus lowering blood pressure, reducing the risk of heart diseases, arteriosclerosis and osteoporosis.

It is not for nothing that orange juice has become a popular drink at breakfast. Drink it fresh. Five oranges a day are recommended for those who want to keep antibiotics at bay.

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