

Eat grapes for good health

"I tell you, from now on I shall not drink this fruit of the vine until the day when I drink it with you in the kingdom of my Father." Matthew 26:29

Grape is a heavenly fruit. It can be linked not only to wines, but also to good health. It has nutritional properties indispensable in healthy living. Containing 15-30 per cent sugars that can be rapidly absorbed into the blood and copious amounts of vitamins b6, b7, b2, b3, provitamin A and vitamin C, the fruit stands out as one of the richest sources of vitamins.

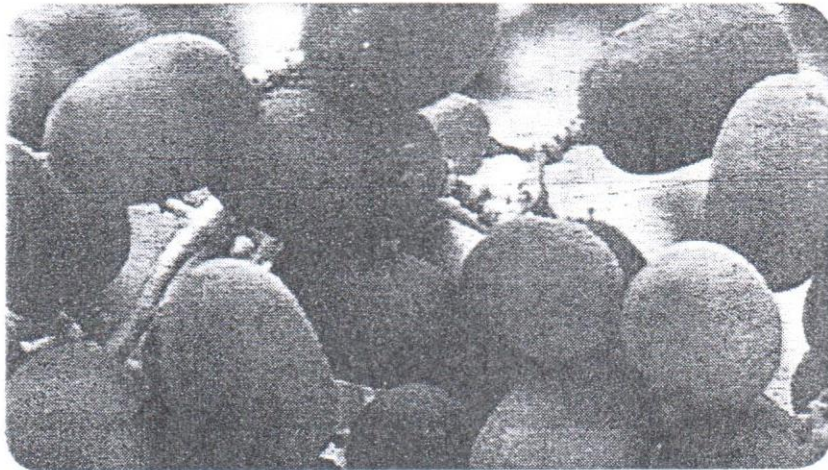
Minerals such as potassium, iron, calcium, phosphorus and copper are also present in grapes in substantive quantities as are antioxidants and phytochemicals, which have useful alkalanising properties and protect the heart and arteries.

Grapes have been useful to man since the beginning of time and were one of the first fruit types to be domesticated. No wonder it is the fruit from which holy wine is made.

Sugars present in grapes, mainly fructose and glucose, pass directly into the bloodstream without the need for digestion, making them sources of quick energy ideal for fatigued or depressed persons.

High amounts of vitamins make grapes one of the fruits that allow for production of body energy at the cellular level. In cases of anaemia, noticeable improvement will occur following regular consumption due to the high levels of iron present. Copper facilitates the absorption and assimilation of iron.

And the fruit is highly regarded in medical circles for its usefulness in prevention of coronary artery disease and heart conditions in general. Chemicals in the fruit dilate arteries, improving blood



GOOD LIVING

BY SOLOMON KARANJA

flow without forming clots, and impede the deposition of cholesterol on artery walls. By providing simple sugars, which the heart uses to contract its muscles, and useful minerals that facilitate these contractions, the grapes are readily recommended for cardiac patients. Absence of fats and salt in grapes, the two primary enemies of the heart, is an added advantage. Eating grapes is a small effort with massive benefits to the vital heart organ. For those with heart ailments, eating the fruit is guaranteed to lower the risks of further attacks.

Grapes also activate the detoxifying effects of the liver by increasing bile production, a process useful in liver disorders. Constipation due to lazy intestines benefits from this fruit, which has mild laxative effects.

Diets rich in protein — especially animal protein — cause putrefaction in the gastrol

intestinal track. This causes an imbalance in the intestinal flora, which is readily restored by the alkalanising actions of the grapes.

For kidney ailments, during inflammation (nephritis) and kidney failure (nephrosis) or other conditions, grapes are highly recommended due to their mineral composition and low levels of proteins.

Cancer, a disease mainly caused by free radicals in the body, is prevented or avoided thanks to the antioxidants in the grape fruit. For those who complement their diet with grapes the resveratrol found in them has been shown to possess antitumour properties.

And the diuretic and alkalanising actions of grapes makes them useful in gout and arthritis. Grape treatment involves eating one to three kilos of grapes a day for at least three days. It is recommended for those suffering from arthritis, gout, obesity, and for those who would like to keep their hearts in tip-top condition.

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