

Benefits of Mulberries

Most of us have never even heard of mulberry which is sad, because the health benefits of consuming the fruit are numerous.

When you are healthy, eating mulberries can prevent liver cancer, calm frayed nerves, quiet hypertension, relieve constipation, treat abdominal distention, and strengthen your liver and kidney. Just eating a small amount of mulberries every single day will improve your appetite and make it easier to digest food.

Reverse the Effects of Alcohol You will be extremely happy to have mulberries stashed when you have consumed too much alcohol. Mulberries actually speeds up the way your body digests the alcohol. After eating mulberries you won't be tipsy as long and your hangover won't be nearly as severe.

Mulberries for post surgery More and more doctors are starting to subscribe mulberries after a patient has been through a surgery. The enzymes in the mulberry fruit actually speed up the healing process, decrease the amount of swelling, aid recovery after childbirth, and help prevent infection.

People who are dizzy, having a difficult time sleeping, pallor, and have anemia or have noticed that eating one or two servings of mulberries has actually assisted their health problems.

Relieve Eyestrain If your job puts a great deal of strain on your eyes you should start to supplement your diet with a handful of mulberries. The vitamin A in the mulberries will not only relieve the effects of eyestrain but also will also strengthen your eyes and help your vision.

Prevent Dehydration Are you prone to bouts of dehydration? Mixing just a handful of mulberry with an eight ounce glass of water will help your body manage its body fluids. While relieving your dehydration problems, mulberries will also improve your body's ability to resist disease and improve your gastric juice secretion.