



## **Benefit quince - facts and proven science healing properties**

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**Abstract.** The article discusses the main properties of quince and its impact on the human body. A systematic review of modern specialized literature and relevant scientific data was carried out. The chemical composition and nutritional value of the product are indicated, the use of quince is considered in various types of medicine and the effectiveness of its use in various diseases. Potentially adverse effects of quince are analyzed separately. on the human body under certain medical conditions and diseases.

**Key words:** quince , benefit, harm, beneficial properties, contraindications

Golden yellow quince is one of the unusual fruits with unique health benefits that everyone should know about. Quince has been used in folk medicine for decades to boost immunity, fight viruses, treat digestive problems, and as a natural antidepressant. We have compiled a short list of how eating juicy fruits will keep you healthy and prolong your life.

The quince calorie content is low - 57 kcal per 100 g. The nutritional value of the fruit is unchanged, since it is the only representative of its kind. The fruit contains a lot of pectin, a small amount of vitamins B, C, calcium, potassium, magnesium, copper, iron. It does not contain a large percentage of any compounds, but it contains many different substances, including tannins - catechin and epicatechin .

## **Top 8 Benefits of Quince for Your Health**

### **1. Accelerates weight loss**

The pulp is rich in fiber, which helps the digestive tract work efficiently and regularly. It improves the condition of the entire digestive system, increases energy levels and relieves excess weight. This makes the fruit an ideal addition to the diet of those who want to lose extra pounds and exercise a lot - the vitamins and minerals included in the composition support health during intense exercise.

## **2. Relieve Nausea During Pregnancy**

Quince syrup not only reduces toxicosis, but helps better than vitamin B6. This was confirmed by a study involving 76 pregnant women: women were able to get rid of unpleasant symptoms by taking just a tablespoon of syrup three times a day. <sup>[one]</sup>

## **3. Prevents Peptic Ulcers**

The fruit contains unique compounds to fight the *H. pylori* bacterium, the main culprit in stomach ulcers. Numerous studies have also shown that the substances protect the walls of the stomach from damage from alcohol, unbalanced diets and during times of stress. <sup>[2]</sup>

## **4. Solves Digestive Problems and Protects the Liver**

Quince has proven effective in combating digestive disorders such as inflammatory bowel disease and ulcerative colitis. It supports the liver, reduces the symptoms of acid reflux GERD. In traditional Chinese medicine, its extract is used to eliminate heaviness in the abdomen, heartburn, bloating, and flatulence. <sup>[3, 4, 5]</sup>

## **5. Reduces Uncomfortable Allergy Symptoms**

Quince fruit and its juice alleviate atopic dermatitis, seasonal allergies and asthma attacks. As scientists have found, some compounds suppress the activity of immune cells responsible for allergic reactions. The substances are so effective that they are used in the manufacture of medicines for asthma and the common cold. <sup>[6, 7]</sup>

## **6. Calms and strengthens the nervous system**

Regular consumption of quince juice reduces stress levels in people who lead an overly active lifestyle. The calming properties of the product have also long been appreciated by yogis - teas, infusions and juices can be consumed after meditation, breathing techniques and asanas. The antioxidants in the fruit have been proven to help keep you calm throughout the day. <sup>[eight]</sup>

## **7. Has antitumor potential**

Quince reduces the risk of getting cancer - it does not allow harmful chemical compounds to oxidize in the cells of the body. It limits the activity of free radicals, has an astringent effect due to tannins. The components perfectly cope with the protection of mucous membranes from cancer - they combine with toxins, neutralize them and protect cell membranes from destruction. <sup>[9]</sup>

## **8. Supports good heart function**

Fruits are rich in chlorogenic acids, anthocyanins and flavonols, as well as catechins and polyphenols. Several studies have proven that they normalize blood pressure. And the natural soluble fibers contained in the fruits are useful for people with high cholesterol levels. <sup>[ten]</sup>

## **Harmful properties of quince**

Nutritionists do not recommend getting involved in superfood when taking medications and pregnant women. It is also worth limiting its use to those whose professional activities are related to the voice - some components negatively affect the vocal cords. People suffering from pleurisy and constipation should not eat fresh pulp - it has an astringent and fixing effect, which can lead to spasms.

## How much quince can you eat?

A close relative of the apple and pear can be eaten regularly, but in limited quantities - no more than 1-2 pieces per day. Ripe yellow fruits are full of valuable organic compounds and keep well for several weeks in the refrigerator. Green unripe foods should be avoided, as they are bitter and inedible, as well as dented and shriveled - they have no taste.

## How to eat quince: tips for cooking and pairing with other foods

Low-calorie fruit is useful raw and cooked. Its taste is not immediately delightful and you need to get used to it. Raw fruits are tough, astringent, sour, so they are mainly cooked by first cutting off the skin and cutting out the core. The tannins disappear with heat treatment - the temperature removes the astringency and releases the natural anthocyanin pigments. That is why, under the influence of heat and steam, the flesh turns orange-pink or red.

You can combine quince with almost everything that combines apples and pears: with meat, earthy vegetables (potatoes, beets), walnuts, almonds. Its fresh slices are served on a pillow of greens with cilantro, sprinkled with lime or lemon juice. To get a dessert, fruits are boiled with cinnamon and star anise or stewed for at least 40-50 minutes under the lid. Fruits are added to jams, jellies, marmalades. Juice is used as a flavoring because of the bright floral-fruity aroma.

## Expert comment

### Tatyana Eliseeva, nutritionist, nutritionist

Although quince is not particularly popular in cooking, it still deserves a place on your table due to its unique medicinal properties. There are many delicious recipes to help you enjoy this incredible ingredient and get the most of its health benefits.

## Literature

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