



## Pear juice - a natural elixir of health and beauty

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**Abstract.** The article discusses the main properties of pear juice and its effect 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 drink are indicated, the use of pear juice in various types of medicine and the effectiveness of its use in various diseases are considered. The potentially adverse effects of pear juice on the human body under certain medical conditions and diseases are analyzed separately.

**Key words:** pear juice , useful properties, contraindications, composition, calorie content

The benefits and healing properties of delicious and fragrant pear juice have been known to mankind since ancient times. Even the ancient physician Galen, who healed the Roman nobility almost 2000 years ago, used this drink as an effective medicine to relieve the symptoms of fever, and in ancient China, pear tree fruits were considered a symbol of longevity. A pear drink is no less popular among modern admirers of traditional medicine.

### Composition and calories

Despite the sweet taste, pear juice is considered quite low in calories. For example, 100 grams of fresh fruit of the Bartlett pear (named after its creator, the famous American breeder Enoch Bartlett) contains only 63 kcal. <sup>[1]</sup> In addition, the characteristic sweetness of pears comes from the [fructose they contain](#). For its processing and assimilation, the body does not need to release insulin into the blood - even people with thyroid problems can drink such juice without risk to health.

And the fruit is also rich in healthy vitamins and amino acids: lutein and zeaxanthin (strengthens the retina), beta-carotene (is a powerful antioxidant - reduces the risk of developing cataracts, improves

brain function <sup>[2]</sup>, helps in tissue repair and healing), folates, folic acid, (prevention of anemia) <sup>[3]</sup>, aspartic acid (normalization of the immune system), etc. Most researchers agree that most of the nutrients are concentrated in the skin of the fetus. <sup>[4]</sup> Therefore, for the preparation of fresh, it is recommended to use whole pears without removing the skin from them.

## **Top 7 Health Benefits of Pear Juice**

Freshly squeezed fresh pear juice is a natural healing potion that fully replaces numerous medications.

### **1. Restores the functioning of the cardiovascular system**

Pears are rich in [vitamin C](#), potassium, and other useful trace elements, including flavonoids, and antioxidants. Studies confirm that the systematic consumption of freshly squeezed pear juice has a positive effect on the body of the subjects. They clear blood vessels, lower blood pressure, improve overall well-being. <sup>[5]</sup>

### **2. Helps normalize bowel function**

Pear juice, in comparison with all other fruit juices, contains the largest amount of sorbitol <sup>[6]</sup>, which has an excellent choleretic and laxative effect. Recommended in the treatment and prevention of constipation.

### **3. Cleanses the body of toxins and toxins**

Pear juice has a powerful antioxidant effect <sup>[7, 8]</sup>. Helps protect cells from damage and destruction - prevents aging of the body, cleanses it of accumulations of toxins, toxins, promotes the removal of salts of heavy metals, improves immunity.

### **4. Improves the condition of the skin and hair**

The fruit contains biotin, vitamin B7, also called the beauty vitamin. In addition to the fact that the microelement normalizes the functioning of the nervous system and intestinal microflora, it also helps to improve the structure of the skin, the growth of healthy nails and hair. <sup>[9]</sup> Drinking several glasses of fragrant and tasty pear juice every day, you can save a lot on expensive trips to beauticians.

### **5. Reduces hangover severity**

According to scientists' studies, pear juice, in particular, fresh, obtained from the fruits of the Korean pear, significantly reduces the symptoms of a hangover and alcohol detoxification of the body. But keep in mind that to achieve such an amazing effect, drinking a saving drink is recommended not after a libation, but before the start of the feast, before drinking alcohol. <sup>[10]</sup>

### **6. Has an antibacterial and anti-inflammatory effect**

The fruits of the pear, especially in its skin, contain such a unique natural component as arbutin. <sup>[11]</sup> The substance has powerful anti-inflammatory, antiseptic and antibacterial properties. Experts recommend drinking pear juice from unripe pears (they have the maximum antimicrobial activity <sup>[12]</sup>) for the prevention and treatment of gastritis, urinary system, including exacerbation of cystitis or inflammation of the kidneys.

### **7. Relieves the effects of stress, improves mood**

Delicious fruits contain many useful trace elements, including glycine, an amino acid that stabilizes the central nervous system. <sup>[1]</sup> The drink reduces nervous tension, as well as increases mental performance and improves sleep - an excellent replacement for medical sedatives.

### **Contraindications and harm of pear juice**

Like many other products, pear fresh has a number of contraindications and features of use. For example, it is not recommended to drink it on an empty stomach, unless you are pursuing certain medical purposes. This is due to the fact that pear juice drunk on an empty stomach has an immediate laxative effect (contains a large amount of fructose and fiber). <sup>[13]</sup>

It is also recommended to treat this drink with caution to persons suffering from irritable bowel syndrome <sup>[14]</sup> and individual intolerance to the product.

### **Recommended intake for adults and children**

The fruit is hypoallergenic. Therefore, pediatricians recommend that the juice obtained from it be included in the menu of babies from the age of 6 months as an initial complementary food. The first acquaintance of crumbs with a delicious fragrant drink should begin with a few drops (it is better to dilute the concentrated natural juice by half with water). If there are no unpleasant consequences in the form of allergies or digestive disorders, you can gradually increase the dose.

To achieve the proper preventive and therapeutic effect, nutritionists and phytotherapists advise adult patients to drink at least 600 ml of a healthy drink daily.

### **Recommendations for the preparation and storage of the drink**

To get the maximum benefit, it is recommended not to use store-bought juice, but freshly squeezed. Moreover, it should be drunk immediately after preparation, avoiding oxidation. With prolonged contact with air, the concentration of nutrients in the drink is significantly reduced. In order to keep them as long as possible and prevent the development of pathogenic bacteria in the juice, it is recommended to thermally process it - quickly heat it up to 75-80 degrees Celsius, and then pour it into containers and cool it. You can store the canned drink away from direct sunlight at temperatures from 0°C to +20°C for a year.

### **Expert comment**

#### **Tatyana Eliseeva, nutritionist**

Pear juice is a real storehouse of useful vitamins and microelements, which will help you get rid of numerous ailments and health problems without the use of expensive medicines. That is why I recommend adding this delicious and fragrant dessert to the daily menu of all members of your family!

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