



Melon juice: 7 benefits for the body

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Abstract. The famous rival of watermelon and a close relative of cucumber, dizzyingly fragrant false berries, the pulp of which is not only tasty, but also an extremely healthy dessert. Of course, we are talking about melon, whose honey pulp is a favorite treat for many kids and adults, and also has numerous healing properties. The juice of gourds is no less useful for the body, although it is not as popular among users as other fruit juices. And absolutely in vain!

Key words: melon, melon juice , useful properties, contraindications, composition, calorie content

Composition and calories

Despite the honey-sweet taste, melon belongs to products with a rather low sugar content ^[1] (8.12%) ^[2] and high water content (89.8%), which explains its rather low calorie content (36 kcal). That is why delicious melon juice can be included in various diet menus and healthy eating systems without the risk of gaining excess weight.

Melon fresh is not only tasty, but also very healthy - it contains a large amount of vitamins and minerals:

- Potassium (228 mg). It contributes to the normalization of blood pressure ^[3] and blood sugar levels, reduces the intensity of allergic reactions, improves the supply of oxygen to brain cells (guaranteeing clarity of mind and clarity of thinking).
- [Sodium](#) (18 mg). Normalizes the acid-base balance and water-salt metabolism of the body, stabilizes the work of the nervous and muscular systems.

- Phosphorus (11 mg). Improves metabolism, strengthens bone tissue ^[4], contributes to the prevention and treatment of sarcopenia, age-related loss of muscle mass ^[5].
- Magnesium (10 mg). Reduces the risk of developing hypertension ^[6], acting in tandem with calcium, strengthens bone tissue, and also reduces pain in the joints, relieves muscle cramps. ^[7]
- Vitamin C (18 mg). Strengthens the immune system - helps in the fight against colds, improves tissue healing and improves skin condition ^[8].
- Vitamin B6 (0.088 mg). It has a beneficial effect on the cardiovascular and nervous system, helps to maintain normal women's health (stabilizes the balance of sex hormones). ^[nine]
- Folic acid, or vitamin B9 (19 mcg). An essential trace element for expectant mothers - helps the body prepare for pregnancy, prevents the development of fetal pathologies ^[10].

The skin of the melon also contains many nutrients and antioxidants, in particular flavonoids and polyphenols. ^[11] Therefore, it is recommended to squeeze the juice not only from the pulp of the fruit, but also from the peel.

Top 7 Health Benefits of Melon Juice

1. Helps fight stress

Melon contains a unique antioxidant, superoxide dismutase. The enzyme has a positive effect on the psycho-emotional state, helps with depression and depression. ^[12] Returning a good mood and joy of life is simple and for this it is not at all necessary to take antidepressants. Freshly squeezed melon fresh can cope with this kind of task no less successfully!

2. Eliminates joint pain

Superoxide dismutase prevents the oxidation and destruction of cells and tissues (including muscles and cartilage), slows down the aging process. Turn back the clock by adding a drink of youth, hand-made from ripe honey melons, to your diet.

3. Effective in the treatment of oncology

Studies show that melon juice (although obtained not from ordinary, but from bitter melon, momordica) inhibits the growth of cancer stem cells and shows high efficiency in the treatment of oncological diseases, in particular, pancreatic cancer. ^[13, 14]

4. Improves immunity

It is an excellent immunomodulator, increases the internal strength of the body, provides it with reliable support during the period of viral and colds.

5. Has Antioxidant Properties

Most fruit and vegetable juices ^[15] contain powerful plant antioxidants, flavonoids, which provide plants with reliable protection against the harmful effects of the environment, diseases, and other dangerous factors. They are also preserved in freshly squeezed fresh juice - they transfer their properties to people who drink the drink. Provide reliable protection to your health by supplementing your daily diet during the gourd season with a few glasses of delicious and so healthy melon juice!

6. Helps to cope with stress

The drink prevents oxidative stress of the calf muscles due to their overload, which allows people involved in sports and other physical activity to recover faster after the loads received, less tired. ^[sixteen]

7. Cleanses the body

It has diuretic properties - removes excess fluid from the body, relieves edema, toxins, helps to eliminate the remnants of drugs after a course of chemotherapy, antibiotic treatment, general anesthesia.

Also, melon juice has a beneficial effect on the skin, relieves irritation and itching in case of allergies. People suffering from such diseases are recommended to undergo a complex of cosmetic baths with the addition of melon concentrate (1 cup per bath of water) to cleanse and soothe the dermis. With acne, rosacea, lotions with warm juice should be applied to problem areas of the skin or special masks should be made with it.

Contraindications and features of the use of melon juice

Even such a healthy drink has some contraindications. In particular, it is not recommended to use it for people who are allergic to this product ^[17], and young mothers should drink it with caution during breastfeeding so as not to provoke an allergy or indigestion in the baby.

You should also avoid prolonged contact of the sweet liquid with the teeth. Concentrated juice can corrode tooth enamel, which will lead to the formation of caries. ^[18] It is recommended to dilute freshly squeezed juice with water, drink it through a straw and rinse your teeth with water to wash away any remaining liquid from them.

Recommendations for drinking melon juice

Drink melon fresh (as well as other juices) should be between meals, as a separate independent dessert. Drinking juice on an empty stomach, you can provoke his disorder, and immediately after eating - heaviness.

Drink healthy drink can be both adults and kids. They begin to accustom the crumbs to a new product from a small amount (a teaspoon), after diluting the concentrated natural fresh juice with clean water in a ratio of 1: 2. Then you can gradually increase the dose, bringing it to 100 grams. Adults are allowed to drink several glasses of melon juice daily.

Features of the preparation and storage of melon juice

To prepare a healthy fresh juice, it is recommended to choose ripe juicy fruits without defects. Pathogenic bacteria can penetrate into the "wounds" and cracks on the skin, which then get into the drink, which will lead to its infection. It is also worth remembering seasonality - you can not use early fruits for food or for making fresh (pesticides can be used to ripen them).

As mentioned above, it is better to squeeze the juice together with the peel (it contains many useful substances). Wash the melon, cut it into pieces, clean out the seeds, pass through the juicer. Juice is ready to drink!

Studies show that pasteurization of melon juice leads to the elimination of pathogenic microbes, but at the same time, it has a detrimental effect on its beneficial properties (the concentration of vitamin C and phenolic compounds decreases). ^[19] Therefore, for the greatest benefit to the body, it is

recommended to use freshly squeezed fresh juice. But if you want to stock up on a delicious health drink, you can can or freeze it in cubes. Ice is added to cocktails or used as cosmetic products.

Expert comment

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Melon juice is not only a delicious dessert, but also a very effective natural medicine. Get rid of extra pounds, cleanse the body of toxins and saturate it with useful vitamins and microelements on the eve of winter, just drinking several glasses of sweet melon nectar every day during the gourd season. It's so easy - try it!

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