



Barberry Juice: 10 Scientifically Proven Health Benefits

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Abstract. Few people know that berries, the taste of which most of us have known since childhood thanks to the famous barberry lollipops, are also widely used in modern cooking, cosmetology and even folk medicine.

A variety of jams, compotes and marmalades are made from the fruits of barberry, or as it is also called the candy tree. The oblong, sour, wine-red berries are very popular in Caucasian and Asian cuisines - they are used as an original seasoning when preparing pilaf and risotto. They also squeeze healthy juice out of barberry pulp. The drink not only tastes good, but also helps to cope with many problems of the body. Natural barberry juice is practically not widely available, but you can prepare it yourself.

Key words: barberry , barberry juice , beneficial properties, contraindications, composition, calorie content

Composition and calorie content

Fresh barberry berries are low in calories - they contain only 29 kcal. But you need to take into account that when dried, their calorie content increases significantly - up to 150 kcal. In addition, they contain practically no fat and protein, and they contain relatively few carbohydrates - 7.9%. But barberry juice contains beneficial microelements and vitamins in abundance. ^[1]

For example, he is rich:

- Vitamin C (213% of the required daily dose in 100 grams of natural drink) is a water-soluble antioxidant that helps the body fight viruses and colds, prevents the development of scurvy^[2] and periodontal disease.^[3] It is noteworthy that smokers' bodies require a larger daily dose of ascorbic acid (140 mg versus 100 mg) for full functioning.^[4]
- Vitamin E, or alpha-tocopherol, (28% of the daily value) - has antioxidant properties^[5], provides prevention of cardiovascular diseases^[6], strengthens the immune system and improves the functioning of the nervous system, supports the reproductive functions of women - improves the menstrual cycle and alleviates the symptoms of menopause.
- Iron (145%) - helps transport oxygen to the body's cells and avoid the risk of developing iron deficiency anemia^[7], accelerates metabolism and weight loss processes.

Also, barberry, including its berries, contains a large amount of organic acids (except for the aforementioned ascorbic acid, these are malic, tartaric, citric) and one of the most powerful and beneficial plant alkaloids for humans, berberine.^[8] The substance exhibits antioxidant and geroprotective properties (slows down the aging process of the body) - it is successfully used to treat inflammation, viral and infectious diseases, osteochondrosis, Alzheimer's disease, etc.^[9]

Top 10 beneficial properties of barberry juice

1. Used in the prevention and treatment of diabetes

It is known that taking traditional pharmaceutical drugs aimed at preventing and treating diabetes causes side effects in many patients. In addition, in most cases they are very expensive. Barberry juice, rich in the alkaloid berberine, is an excellent alternative to standard medications and is quite affordable - you can prepare it yourself from berries collected or purchased on the market. The drink shows good results in the prevention and treatment of endocrine diseases, including the treatment of diabetes - it helps lower blood sugar levels and, as experts hope, will soon play a decisive role in the discovery of new effective antidiabetic drugs.^[10]

2. Good for cardiovascular health

Numerous studies show that systematic consumption of barberry juice, rich in beneficial microelements, has a positive effect on the cardiovascular system. The drink helps reduce blood pressure, stabilizes blood lipid levels and improves vascular health^[11], has antiarrhythmic properties, and prevents the risks of coronary heart disease^[12] and other cardiovascular diseases.

3. Promotes weight loss process

Barberry juice contains the isoquinoline alkaloid berberine. The substance accelerates the metabolic process^[13] and also dulls appetite, which helps to lose weight in a relatively short time and avoid the risk of developing obesity. Do you want to reduce the volume of your figure without extra effort? Add delicious fresh barberry to your diet menu!

4. Removes toxins from the body

It is known that berberine, which is part of the barberry pulp, in addition to having numerous beneficial properties, is also considered an effective antidote, antidote - it promotes the rapid removal of natural and chemical toxins from all organs of the body: heart, brain, kidneys, liver, etc. d.^[14]

5. Good for the kidneys

Barberry juice has long been used as an effective homeopathic remedy for relieving kidney pain, as well as dissolving kidney and liver stones. ^[15] Add the drink to your diet to see from your own experience its effectiveness and get rid of dangerous “neighbors” without surgical intervention.

6. Effective in treating diarrhea

Due to the antimicrobial properties of the alkaloid berberine, barberry juice shows good effectiveness in the treatment of diarrhea, including viral ones, even in the late stages of the disease. ^[16]

7. Has an analgesic effect

It has been proven that berberine, which is part of the fresh juice, effectively suppresses inflammatory markers and has excellent analgesic properties. ^[17] Try replacing standard pharmacy painkillers with a natural, tasty analogue, barberry juice, at the next attack of headache or any other pain.

8. Boosts immunity

Barberry belongs to the category of immunomodulatory plants - daily consumption of juice squeezed from elongated sour berries provides the body with almost all the vitamins and microelements necessary for proper functioning and strengthens the immune system. ^[18]

9. Shows good results in cancer therapy

Medical experiments prove that berberine, as one of the main components of barberry juice, has a wide pharmacological spectrum, including a powerful inhibitory effect on several types of cancer. ^[19] The alkaloid induces tumor apoptosis, suppresses metastasis, and even makes tumor cells more sensitive to drugs and treatments used. ^[20]

10. Restores digestive tract health

The same miraculous berberine cures almost all diseases of the digestive system: it neutralizes toxins and harmful bacteria, in particular *Helicobacter pylori*, which causes the development of diseases such as gastritis, stomach and duodenal ulcers, etc. ^[21], protects the intestinal epithelium from damage, has hepatoprotective properties - improves the condition of the liver in non-alcoholic fatty disease. ^[22]

Features of use and contraindications of barberry juice

In its pure form, barberry juice is quite sour (in cooking it is even used as a substitute for vinegar or lemon). To improve the taste, it is recommended to dilute the drink with water or combine it with sweeter fresh juices: grape, pineapple, strawberry, peach, etc.

Also, when tasting or treating, it is not recommended to exceed the recommended dose of the drink. Excessive amounts of berberine, consumed at one time or in a short period of time, can negatively affect health, including intoxication of the body. For the same reason, it is not recommended to drink barberry juice for children under 12 years of age, nursing mothers and pregnant women. ^[23] Moreover, it is strictly contraindicated for the latter, as it promotes contraction of the uterine muscles, which can lead to the risk of premature birth.

Recommendations for the preparation and storage of juice made from barberry fruits

To prepare the drink, it is necessary to select fully ripe whole berries (unripe fruits contain too many alkaloids - consuming them or products derived from them, including juice, can cause an undesirable reaction of the body, including poisoning).

After washing the berries, they need to be filled with water and boiled for a few minutes to soften, then discarded in a colander and pressed through a press. The remaining pomace can be additionally poured with hot boiled water (60°C) and after half an hour squeezed again. The resulting liquid can be consumed immediately in pure or diluted form (between meals for better absorption of nutrients). The remaining juice can be sent for long-term storage by pasteurizing it and then preserving it, or by freezing it in special containers or zip bags.

Expert commentary

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Barberry juice is a unique drink that allows you to solve many problems of the body without the use of expensive and not always safe pharmaceutical products. In particular, with the help of refreshing fresh juice, you can protect yourself from viruses and colds, improve the functioning of the gastrointestinal tract and cardiovascular system, get rid of pain of various types and even prevent the development of oncology. And you can verify the veracity of this statement from your own experience by including delicious barberry juice in your diet!

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