



Viburnum juice - 7 scientifically proven beneficial properties of a tasty drink for the body

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Abstract. The plant, whose bright red clusters of berries have long been associated with girlish beauty and a happy marriage, has also long been famous for its beneficial properties for the body. Both the bark and flowers of viburnum are often used in folk medicine to prepare medicinal decoctions and tinctures. But the most popular among fans of a healthy lifestyle are the sweet and sour, slightly tart fruits of the plant. Delicious marshmallows, jellies, jams, fruit drinks are prepared from them, and juice is also squeezed out. Freshly squeezed juice is considered especially useful , which can be prepared from both fresh and frozen berries, after pre- defrosting them . Moreover, it is recommended to remove viburnum fruits from the branches no earlier than the first frost, since under the influence of low temperatures their taste changes - the bitterness disappears from them, they become sweeter.

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

Composition and calorie content

Viburnum berries belong to the category of low-calorie products (100 grams of pulp contains 26 kcal), which allows the juice squeezed from them to be consumed even by people who carefully monitor their weight and figure. They are quite juicy (89.6% water), contain a minimum of proteins and fats (0.4 and 1.5%, respectively) and relatively few carbohydrates (6.5%). But at the same time, the fruits of viburnum are a real storehouse of useful nutrients. In particular, they contain:

- Vitamin C is a powerful antioxidant [1], which, by the way, is more abundant in viburnum than in citrus fruits. C helps improve immunity, prevents the development of scurvy, improves skin condition, reduces the risks of developing coronary heart disease and oncology. [2]
- Vitamin A - regulates pigmentation and promotes the healthy development of epithelial tissues, is important for visual, reproductive and immune functions [3] , activates the development of hair follicles, which promotes accelerated hair growth, and also helps the body reduce the amount of fat reserves. [4]
- Vitamin K , or phyloquinone , is involved in the process of blood clotting and the building of healthy bone tissue (promotes the accumulation of sufficient amounts of calcium in bones and teeth, prevents the process of its leaching and the development of osteoporosis). [5]
- A variety of minerals - such as phosphorus, iron, potassium, magnesium, zinc.
- Organic acids: malic, shikimic , citric, tartaric, acetic, oleic, valeric, etc.

The greatest benefit of viburnum lies in the unique glycoside viburnin , contained both in the bark and in the fruits of the plant. It is this that imparts a piquant bitterness to the berries, and also has analgesic properties, improves the functioning of the gastrointestinal tract and protects the body from infections.

Top 7 beneficial properties of viburnum juice

1. Activates metabolism and helps lose weight

Research shows that systematic consumption of fresh viburnum fruits, as well as the juice squeezed from them, helps to achieve more effective diet results by accelerating the metabolic process and reducing blood glucose levels - reducing the risk of obesity and hyperglycemia. [6]

2. Has analgesic and anti-inflammatory properties

It has been proven that viburnum juice, rich in phytoncides, has a powerful antibacterial effect [7] - it helps to cope with various inflammations, bacterial and viral infections without the use of pharmaceutical antibiotics. In particular, fresh viburnum is often prescribed by doctors as an effective mouth and throat rinse for sore throats, pharyngitis, and stomatitis.

3. Provides antitumor effect

As a result of numerous studies, scientists were able to prove that terpenoids , oxygen-containing organic compounds contained in the pulp of viburnum berries, have high antitumor activity against many cancer cells - in particular, they promote apoptosis of hepatocellular carcinoma cells. [8]

4. Effective in the treatment of ulcerative colitis, internal bleeding

A drink enriched with polyphenols has a positive effect on digestion and the state of the gastrointestinal tract. It has an anti-inflammatory effect and helps to heal macro- and microscopic tissue damage, playing the role of a safe, but highly effective therapeutic and prophylactic agent in the fight against ulcerative colitis and other inflammatory bowel diseases. [9]

5. Has a sedative and calming effect

Viburnum juice is a rich source of various acids, including valeric. Due to this, the drink exhibits mild calming properties - it helps fight stress, nervousness, depression and insomnia. [10]

6. Protects the male reproductive system during chemotherapy

Scientists have proven that drinking viburnum juice during chemotherapy has a positive effect on male reproductive function - the beneficial substances contained in the drink protect the sperm and testes of patients from the harmful effects of chemotherapy drugs, in particular docetaxel and paclitaxel . [eleven]

7. Effective in the treatment of gynecological diseases

According to the results of medical research, viburnum juice, rich in beneficial microelements, has a relaxing effect on smooth muscles (eliminates spasms) - it alleviates the symptoms of PMS, prevents the possibility of miscarriages, and also improves the condition of patients suffering from endometriosis . [12]

Contraindications and features of drinking viburnum juice

Despite its numerous beneficial properties, viburnum juice has certain contraindications for use. In particular, consuming berries and the fresh juice squeezed from them is not recommended for people suffering from gout, with a tendency to blood clots and with individual intolerance to the product, or for hypotensive people.

Also, when tasting fruit and berry juices, including fresh viburnum , dentists recommend adhering to certain rules - drinking the drink through a straw or thoroughly rinsing the mouth after drinking in order to minimize contact of the sweet liquid with tooth enamel and reduce the risk of developing caries. [13]

Recommendations for preparing and storing viburnum juice

To prepare the juice, whole, undamaged berries are selected. They are cleaned of twigs and debris, thoroughly washed in running water, dried and processed using a juicer, juicer, or by squeezing through cheesecloth or a sieve.

The resulting juice can be immediately consumed in pure or diluted form (diluted with water or other sweeter juices: raspberry, strawberry, etc.). For long-term storage, the drink can be frozen, poured into portions, or canned by pre-pasteurizing it.

Viburnum juice is a unique drink rich in microelements, which should certainly be present in the diet at least in the autumn-winter period. With the help of such a vitamin fresh drink , you can quickly restore immunity, replenish the lack of vitamins and nutrients in the body, protect it from seasonal and other diseases, including oncology, diabetes, gastrointestinal problems, etc. Add delicious viburnum juice to your daily menu and see its benefits and effectiveness!

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Abstract . The plant, whose bright red bunches of berries have long been associated with maiden beauty and happy marriage, has also long been famous for its beneficial properties for the body. Both the bark and flowers of calamus are often used in folk medicine for the preparation of healing decoctions and infusions. But the greatest popularity among devotees of healthy lifestyle acquired sweet-sweet slightly tart fruits of the plant. They are used to make delicious pastilles, jellies, jams, morsels, and also squeeze the juice. Particularly useful is considered freshly squeezed juice, which can be prepared from both fresh and frozen berries, having carried out their preliminary defrosting. Moreover, it is recommended to remove the fruits of calamus from the branches not before the first frost, since under the influence of low temperatures, their flavor changes - from them leaves bitterness, they become more sweet.