

# Weight Loss – Pineapple

How to eat a healthy fruit to stimulate your weight loss with pineapple to slim your body and osteoporosis preventative. Pineapple, who does not like it?

It taste a bit sour and sweet which makes this fruit is nice to eat as plain fruit or you can mix it as a cooking spices or flavor, drink it as a fruit juice or as a fruit desert, you choose it.

Not only is the taste, actually this exotic yellow fruit good for our health. What is the special quality of the pineapple?

Pineapple called Ananas Comosus in Latin came from Brazil. It can grow in tropical area which has a lot of sun shine. [keo dua giam can](#) is used to give a sweet and sour taste for flavor in food, also used for meat tender. The fruit can slim your body and prevent osteoporosis, even can avoid some disease that will come into your health, makes you look more beautiful.

Pineapple contents vitamin A, vitamin C, Calcium, Phosphor and Magnesium, zinc, with some minerals such as Natrium, Potassium, Sucrose, and Bromelain enzyme.

This enzyme is use for anti inflammation and helps to soften the food in our digestion system and destroy cancer cell.

This content can help our body to destroy a serious health problem which might be occurring in our immune system such as tumor and atherosclerosis.

High fiber in pineapple fruit is good to cure constipation, good for your beauty and healthy. The benefit of this fruit is helping our body system to remove dead skin cell. The fruit and pineapple leaf is good for removing the dead skin cell.

When you are having a burn wound, lubricate or spread the pineapple crush on it twice a day.

Weight loss tips for pineapple helps to reduce the heap of excessive fat in the body. Dandruff problem also can be solving with pineapple juicy in your skin head by scrubbing on it.

## Osteoporosis Prevention

A research done by Dr. Jeanne Freeland from Texas University, showing the pineapple treatment juice concentrated regularly to average woman resulting higher impact on absorption of calcium in the body which is highly recommended.

## Constipation

Difficult to go to the toilet to loosen the bowels is irritating. Try to peel uncooked pineapple and wash it clean. Juice it and drink the juicy water, drink it for twice in a day.

## Red lane inflammation

Provide 2 cook pineapples, peel the shell, wash & clean it, cut into pieces for average amount. Squeeze the juicy, drink 3 (three) times a day, each 1/3 part.

## Side Effect

Not all of the people are free to consume pineapple, because this fruit has a side effect, its triggering rheumatic. In the digestion the fruit is fermented to alcohol, which has a gout problem. For those people suffering from Rheumatic and Arthritis, please give the limit

Instead, cook pineapple also can uptrend the glucose. For diabetes cannot consume pineapple for good enough, also the fruit can give an itching problem after we eat the fruit, such as itch problem in the mouth, so the tips to eat the fruit is to put the fruit into the water salt before eat it.