

How to choose the right fruit for your body

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Humans have 4 physical types

1. People with cold body - The body produces less heat, the limbs are often cold, the face is paler than others, likes to drink hot drinks, rarely feel thirsty. In the middle of a hot summer day, I still feel uncomfortable when entering an air-conditioned room, need to drink a cup of hot tea, or wear a jacket to feel comfortable.
2. Thermophilic people - the body produces a lot of heat, the face is red and red, or feels thirsty, the neck is dry, and likes to drink cold drinks. On a hot summer day, being in an air-conditioned room feels very comfortable.
3. People who are weak - Due to the weakened strength caused, the spirit is often depressed, or afraid.
4. Physical body - Ease heat, bloating, constipation, difficulty breathing.

The relationship between fruit and fitness

1. According to Oriental medicine, when food enters the body, it will produce the effect of welding, heat, tempering, and salary (cold, hot, warm, cool). Therefore, each fruit has its own "personality". Oriental medicine is concerned with balance, regulating yin and yang, so people with a heat body should eat a lot of cold foods, and people with a cold body should eat a lot of heat-friendly foods. Eating fruit also needs

to follow that principle.

2. Thermal fruits refer to fruits with high calorific value and high sugar content. When eating these fruits, it is easy to get "hot", increasing body heat. In contrast, low-calorie, high-fiber, low-fat and low-sugar fruits are all filling properties. When eating these fruits, fiber and water will occupy most of the stomach and intestine volume, making the body unable to load any other food. Eating a lot will make the body more and more lack of energy, no strength, more and more afraid of cold, weakness.

Here's how to choose the right fruit for each person's body

first

Dig

Peach contains a rich content of Vitamins, AHAs, and minerals, ranking first among fruits in terms of iron content, helping to produce blood for the body. Therefore, it is very beneficial for health.

2

Dream

Dreams contain Citric Acid, Beta Carotene. mainly used to treat coughs, laxatives, and constipation. However, according to the book "Manufacture of Manuscripts", eating raw apricots a lot is not beneficial for the bones.

3

Watermelon

Summer is very suitable to eat watermelon. Watermelon has a rich content of Vitamins A, B1, B2, C, Glucose, pressure, summer sweat a lot, nephritis urinating less. However, watermelon has a welding property that easily damages the stomach, so people who have chronic gastritis. it's best not to should eat. Normal people should not eat too much, to avoid damaging the stomach, leading to digestive problems, or causing diarrhea. In particular, people with a fever due to a cold in the summer should not use watermelon to replenish water for the body and reduce fever. Because watermelon has welding properties, it is not suitable for people with colds due to cold wind, or early colds. Those who are sick with a cold stomach, do not sweat, should not use it.

4

Citrus

Citrus fruits have a laxative effect on the lungs and regulate gas. Fresh citrus juice is rich in Vitamins, Creatine has the effect of supporting metabolism, has the effect of helping beautiful white skin. Citrus citrus has white fibrous fibers rich in Vitamin P, can prevent high blood pressure, and has the effect of dissolving phlegm.

5

Papaya

In papaya contains the important digestive enzyme Papain, which can help quickly digest protein-containing foods, helping to treat indigestion.

6

Pineapple

100g of fresh pineapple contains up to 30mg of Vitamin C, and is rich in water molecules. The pineapple flesh like papaya also contains enzymes that help break down proteins. Therefore, pineapple can aid digestion and dissolve blood clots.

7

Strawberry

Strawberries contain rich levels of Vitamins C, B, Calcium, Potassium . to help reduce skin damage caused by summer sunlight. In addition, boiled mulberry leaves for drinking water can also treat diarrhea, mouth ulcers, fever, tooth decay.

8

Grape

Grape seed has an antioxidant effect 20 times stronger than Vitamin C, and 50 times stronger than Vitamin E. Grape seed contains a large amount of OPC antioxidant, which enhances the antioxidant potential in the body and protects the immune system. , and slow down the aging process.

9

Banana

Banana pepper has high nutritional value, is a natural source of potassium, and can maintain normal cardiovascular function, helping to control high blood pressure and cardiovascular disease. There is also Vitamin B6 to help fight depression, and Magnesium to help cope with stress. The combination of nutrients makes banana peppers a food that helps calm the mind, beneficial for sleep.

ten

Apple

Apples not only have protein, fat, but also rich in vitamins, minerals.and special Pectin ingredients. Pectin is a type of soluble fiber that supports the digestive system, regulates the intestines and stomach, combines with cholesterol to excrete out, helping to reduce cholesterol in the body.

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