

PINEAPPLE!

Written by Administrator

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ALLAH'S WONDERFUL ALL-ROUND REMEDY

A CURE FOR COUGHS, CANCER, EAR INFECTION – STRENGTHENS THE IMMUNE SYSTEM, MANAGES BLOOD PRESSURE AND RELIEVES ARTHRITIS, ETC.

FIVE TIMES MORE EFFECTIVE THAN COUGH SYRUP

(NaturalNews) Rather than waiting a case of the sniffles out or reaching for over-the-counter cough syrup, consider fighting a cold with something that's likely already in the kitchen: pineapple.

According to studies, the tropical fruit, along with other ingredients, has been shown to be effective in proving relief to those with tuberculosis as well as those who have coughing issues such as hacking. (1)

In one case, it was shown that a mixture of raw pineapple juice, raw honey, cayenne pepper and salt helped dissolve the mucus in the lungs of tuberculosis patients. (1) In another instance, researchers found that the raw extracts from pineapple had the ability to decrease mucus five times faster than over-the-counter cough syrup and help patients recover 4.8 times faster. (1) Overall, the fruit was found to offer relief across the board when it came to coughing symptoms, hacking in particular.

Why pineapple is an effective natural cough syrup

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Pineapple is effective in helping to keep coughs at bay primarily for two reasons. The fruit contains bromelain, which is an enzyme responsible for fighting inflammation and aiding in digestion. Coupled with the fact that it also has a great deal of the mineral manganese, which aids in the formation of connective tissue and improving nerve function, and it's easy to see how it helps fight coughs and diminish mucus build-up in lungs.

According to the George Mateljan Foundation website, *The World's Healthiest Foods*, [pineapple](#) is an excellent source of vitamin C which fights free radicals and, in turn, allows airways to function more effectively. (2) "In addition, vitamin C is vital for the proper function of the immune system, making it a nutrient to turn to for the prevention of recurrent ear infections, colds, and flu," the site states. (2)

Pineapple has many other health benefits in addition to acting as a natural [cough syrup](#). It has been shown to provide arthritis relief, help combat cancers of the breast, throat and mouth, and manage blood pressure. (3)

Studies for this article include:

- (1) <http://themindunleashed.org>
- (2) <http://www.whfoods.com>
- (3) <http://www.organicfacts.net>

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