

Gotta have me some citrus!

Natural is often the best way to go for healing our complicated systems...

Really?

For sure.

I will bet you did not know that eating citrus fruits regularly can heal many areas of the body, including the kidneys.

Tell me more...

Few treatment choices are available for polycystic kidney disease, an inherited disease that can progress to kidney failure, high blood pressure, and the need for dialysis. Polycystic means “having to do with multiple cysts.”

A study published in a recent medical journal presented a discovery that a component contained in grapefruit and other citrus fruits – naringenin – regulates the protein responsible for polycystic kidney disease.

That is pretty interesting.

The research team at the Royal Holloway University at the University of London triggered the formation of cysts in kidney cells to test their theory. With the addition of naringenin, the cyst-causing protein was reduced in the cells, which resulted in a blockage of cyst formation.

Naringenin has also been linked to the prevention of weight gain, type 2 diabetes, and cardiovascular disease.

Eating a delicious grapefruit, orange, or other citrus fruit each day can benefit the kidneys, pancreas, and more. Yum!