

## WHAT A PINEAPPLE CAN DO FOR YOU?

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Pineapple (*Ananas comosus*) is a tropical fruit that is valued for its sweet flavor and unique aroma. It is also known for its flavor due to the complex mixes and modest levels of volatile compounds it contains (Ali et al, 2020). Additionally, it is a great source of vitamins and minerals, which have several health advantages.

On a therapeutic review of this tropical fruit conducted by Rahman et al (2020), several parts of this plant have been studied which include its stem, peel, crown, leaves and fruits. Extracts of this plant has been confirmed to have medicinal possessions such as protein anti-aggregation, wound healing, anti-proliferative, pro-apoptotic, anti-rheumatic, anti-inflammatory, antioxidant, antimicrobial, anti-diabetic, anti-coagulant, anthelmintic, anti-hyperglycemic, anti-plasmodial, anti-pyretic and cardioprotective properties.

In addition, Wali (2019) claimed that pineapple possesses many biologically useful that would contribute to various health benefits when checked in the form of pineapple extract including bromelain.

In an Indian journal, Ud (2019) explains that bromelain is the major proteolytic enzyme found in pineapple which provides considerable health benefits. It is used as an anti-inflammatory and digestive aid. Aside from that, bromelain is used against skin burns, sinus inflammation, osteoarthritis, hay fever, upper respiratory tract infection and cardio vascular diseases; and also reduced tumor cell growth and cancer progression.

According to Hatanaka and Ware (2019), pineapple has five possible health benefits. These are: (1) boosting the immune system, (2) aiding digestion, (3) fighting cancer, (4) promoting healthy skin, and (5) supporting eye health.

Likewise, Butler and Ware (2018) explains that increasing consumption of plant foods like pineapples decreases the risk of obesity, overall mortality, diabetes, and heart disease. Furthermore, it promotes a healthy complexion and hair, more vitality, and a reduction in body weight.

Aside from the benefits that was mentioned above by researchers and medical experts, what more would you ask for from this extraordinary fruit? Eat your pineapple today and start the healthy you!

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