

## Graviola Tree (Guyabano / Soursop)

Graviola tree or Soursop / Guyabano (*Anona Muricata*) is a fruit bearing tree popular in tropical zone.

It produces a spiky, fleshy and fibrous fruit, which is very effective in the cure of many health conditions.

Some studies have proven its benefits in curing cancer, diabetes and other major health problems of human around the world.

It is also believed to be excellent in curing internal parasites and other bacterial problems in the body.

There are many Medicinal Benefits of Graviola Leaves and In fact, not only the leaves are beneficial to health.

The bark and fruits are all effective in curing several major diseases naturally.

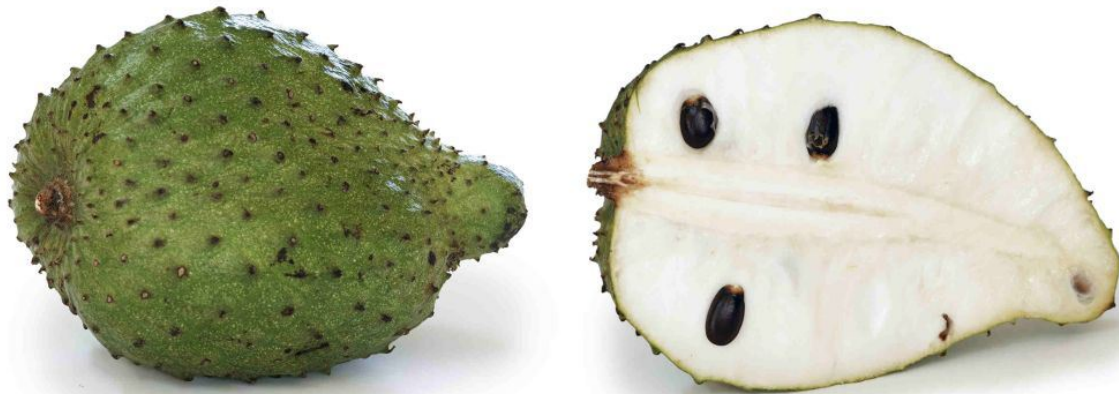
Most people prepare a decoction of its leaves for curing diseases. Some also eat its fruits directly or make a flavored shake.

Whatever the form, the most important thing is its medicinal benefits.

One study published in the Journal of Natural Products found that one chemical in Graviola was 10,000 times more potent than a chemotherapy drug called Adriamycin.

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**Graviola (Guyabano / Soursop) Nutritional Value\***

*Per 100g of edible portion*

Calories	65
Protein	1.0 g
Fat	0.95g
Carbohydrates	16.5g
Fiber	3.2 g
Ash	58g
Calcium	10.3 mg
Phosphorus	26.9 mg
Potassium	270 mg
Iron	0.64 mg
Vitamin A	2 IU
Vitamin C	28.5 mg
Thiamine	28.5 mg
Riboflavin	0.06 mg
Niacin	1.3 mg
Tryptophan	11 mg
Methionine	8 mg
Lysine	60 mg



Overall, the compounds that are naturally present in Graviola inhibited multiple signaling pathways that regulate metabolism, cell cycle, survival, and metastatic properties in PC cells. Collectively, alterations in these parameters led to a decrease in tumorigenicity and metastasis of orthotopically implanted pancreatic tumors, indicating promising characteristics of the natural product against this lethal disease.”

### **Urinary Tract Infection**

Graviola fruits are rich in Vitamin C, which is very effective in preventing Urinary Tract Infection.

It increases the acidity of the urine thus, reducing the presence of bacteria.

Vitamin C has also an essential role in boosting the body’s immune system.

### **Digestive Problems**

When it comes to digestive problems, Graviola is also excellent in preventing constipation and other digestive conditions such as colon related diseases.

For individuals who wish to lose weight in a natural way, they don’t actually need to take laxatives since Graviola is effective in relieving constipation.

It is also rich in fiber, which is essential for the overall health of the digestive system

### **Leg Cramps**

Graviola is also rich in potassium, which is effective in relieving leg cramps and rheumatism.

Lack of potassium in the body can cause weakness.

In fact, the potassium content of Graviola (Guyabano / Soursop) is half in bananas.

### **Energy**

One of the best Medicinal Benefits of Graviola Leaves is the boost of the body's energy level.

For those who always feel tired or weak, Graviola leaves or fruits are essential in boosting the body's energy.

It is rich in thiamin, potassium and sugar, which are all essential nutrients in boosting the body's energy.

This is an energy, which doesn't cause negative side effects to the body.

### **Cholesterol**

Fresh fruits and vegetables are all essential in reducing the body's bad cholesterol level.

Graviola is rich in Niacin, which is essential in increasing the body's good cholesterol level.

This is an essential diet to include for individuals who have a high cholesterol level in their body.

### **Anemia**

Graviola is rich in iron, which is essential in preventing blood related diseases such as anemia.

Anemia is a condition of the body, which characterized by lack of healthy red blood cells.

Some anemic consider taking iron supplements but it is still natural to obtain it from fresh fruits and vegetables.

### **Skin Infection**

The leaves of Graviola are also effective in curing acne, scars, inflammation and other common skin problems.

The leaves need to be crushed and applied to the infected area of the skin.

*Those are the Medicinal Benefits of Graviola Leaves and Fruits.  
It is really important to consider natural fruits for the prevention and treatment  
of common diseases of the body.  
Graviola fruits partnered with fresh vegetables are perfect healthy diets to  
consider on a regular basis.*

Since 1976, over 20 independent labs researched Graviola's **anti-cancer** effects following initial research carried out by the National Cancer Institute. The National Cancer Institute found that Graviola's leaves and stems were found effective in attacking and destroying malignant cells. After the 1976 findings, that were apparently never released to the public, other research studies came out with similar conclusions.

**Roots :**

<http://organicpilinuts.com/guyabano-tree-cancer-cure-fruit-plant-philippines/>



and

### *Gravi***PUNCH :**

**90 capsules of 500 mg of pure leaf of GRAVIOLA**

**CHF 21.- (swiss francs)**

**or 500 capsules of 500 mg of pure leaf of GRAVIOLA**

**CHF 88.- (swiss francs)**

with [www.macapunch.ch](http://www.macapunch.ch)



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