

# The Top 6 Health Benefits of Pineapples

---

Delicious pineapple is surprisingly good for you with a potent and unique nutritional profile and many health benefits. Pineapples are one of both America's favorite tropical fruits and ahead are 6 important reasons to eat even more of them if you value your health.



## 1. Better Digestion

Many people suffer from poor digestion, particularly of protein. Undigested proteins in the digestive system can form toxic compounds that are absorbed into the bloodstream, creating allergic reactions and stimulating an inflammation response. This can manifest in a variety of seemingly unrelated health problems such as tiredness, allergies, general muscle weakness and regular headaches.

Undigested proteins are also involved in forming uric acid crystals that cause gout and other forms of joint pain. All in all, it's very important to make sure you're digesting the protein in your meals properly, particularly if you're regularly eating large amounts of low quality protein, like burgers or meat-based processed foods.

Here's where eating pineapples may help. Generally it's not a good idea to eat too much fruit after heavy meal as it can interfere with digestion. Pineapples however contain a unique protein digesting enzyme called [bromelain](#). Actually a collection of enzymes, bromelain cleaves the protein bonds making meat and other concentrated protein foods much easier to break down and digest. It's so good at this job that it is use commercially as a meat tenderizer.

The most bromelain is found in the core of the pineapple so make sure that you eat that part too (it's easier if you have a small part of it with the rest of the fruit rather than leaving it all to the end). One of the best times then to enjoy a slice of pineapple with its bromelain rich core is after a big protein meal.

Putrefying protein in your digestive tract can lead to serious health problems. Unfortunately, hydrochloric acid production for protein digestion usually declines for most of us after the age of 35. As we get older HCl production decreases even more and nutritional deficiencies can also impair protein breakdown.

While it's advisable to cut down on meat heavy processed meals, particularly as you get older, the health benefits of pineapples and their bromelain may help if you're having problems digesting your protein.

[Concentrated bromelain capsules](#) sourced from pineapple cores and stems are also available. These are a low cost and convenient way to improve your digestion if you don't have fresh pineapple available. Many people report not just improve digestive function, but also positive effects on a variety of seemingly unrelated health problems when they start taking bromelain regularly.

## **2. Arthritis, Sticky Blood and Cancer Prevention**

Pineapple and its enzymes and other nutritional properties explored ahead have many extra health benefits beyond digestion. For instance, therapeutic doses of bromelain have been shown to have significant potential for pain relief for arthritis sufferers as [this compilation](#) of available studies demonstrated.

Bromelain also appears to stop blood clots from sticking together and may be a useful treatment for those at an increased risk of dangerous blood clots. Importantly, you should discuss taking bromelain supplements and large amounts of pineapple, like regular pineapple juice, with your doctor if you are currently taking blood thinning medication.

The benefits of pineapple and its bromelain even extend to treating cancer with the enzyme extensively studied as a therapeutic anti-cancer agent for various forms of the disease, especially breast cancer and colon cancer.



[This review](#) of the current scientific literature related to using bromelain to treat cancer concluded that: 'Traditional and anecdotal clinical evidence suggests the bromelain could be an effective anticancer therapeutic agent...'

While bromelain supplementation was used in the studies to treat cancer, even the smaller amounts in a slice or two of fresh pineapple with the core may act as a natural cancer preventative, especially considering the next nutritional element that pineapples are so rich in – vitamin C.

### **3. Pineapples for Antioxidant Protection and Better Skin**

Pineapple is an unusually high source of vitamin C, far higher than the much touted oranges. Just one cup of fresh pineapple chunks contain more than 100% of the recommended daily intake of vitamin C (though many health authorities considered this to be set far too low and many of us would benefit from much more of it).

Your body's main water-soluble antioxidant, vitamin C is on the front line of defending your cells against dangerous free radicals that can lead to cellular damage and potentially cancerous changes.

Free radical damage is widely considered a contributing factor in a variety of diseases, from cancer to asthma, arthritis to heart disease and many more serious inflammation disorders. Getting a good daily amount of vitamin C into your diet is an important part of defending your body and its cells from free radicals and staying healthy.

The rich vitamin C content in pineapples makes them an easy and great tasting source of the nutrient. [Here are some other good natural sources of vitamin C](#) to make sure you're eating regularly and top up your antioxidant defenses.

Another health benefit of pineapples and their vitamin C is an improvement in the quality of your skin. The collagen that glues your skin cells together is particularly reliant on adequate levels of vitamin C in your diet. Without it your skin will be one of the first areas of your body to suffer, with poor skin tone the likely result.

Pineapples also contain carotenoids like beta-carotene for skin cell protection and significance amounts of the mineral copper for promoting elasticity in your skin.

#### **4. Colds and Coughs**

The combination of very high levels of vitamin C with anti-inflammatory bromelain makes pineapples a particularly effective treatment for coughs, colds and other respiratory problems.

While the positive benefits of vitamin C in reducing the severity and duration of colds and flu are well known, bromelain also has a role in reducing respiratory problems.

Enzymes in pineapples have been shown to reduce inflammation of the nasal cavity and help break up excessive mucus in the respiratory system. These effects can combat regular colds and coughs and may even be useful for treating more serious respiratory problems like bronchitis.

With so many health benefits, a slice of pineapple looks like a much better option than a glass of commercial orange juice if you're trying to recover from a cold.

## 5. Strengthening Bones

Aside from the good levels of copper already mentioned, pineapples are extremely high in the mineral manganese, with around three quarters of the recommended daily intake of this valuable trace mineral per cup.



Manganese is needed by your body to build healthy bones and support connective tissue. It is particularly vital for growing children and teenagers and the elderly, whose bones are likely to be weakening as they get older.

## 6. Energy and Stress Reduction

The rich manganese content of pineapple is also of benefit for energy production. The trace mineral is an important cofactor needed for the creation of enzymes used in the production of energy within your body.

Pineapples health credentials also extend to stress reduction as they contain good levels of B vitamins, so vital for proper brain function and increasing your ability to deal with stress effectively.

The fruit is especially high in vitamin B1 thiamine (also needed for energy production) and vitamin B6 pyridoxine, both at over 10% of the RDI per cup. Folate and pantothenic acid are also well represented at around the 7% RDI per cup and smaller amounts of niacin, biotin and choline are also available when you eat pineapples for preventing B vitamin deficiency.

## Eat More Pineapple

There are many health benefits of pineapple and this great tasting tropical fruit is one that most people would do well to eat more of. Whether it's improved digestion, cancer protection, inflammation reduction, increased antioxidants, respiratory health, stronger bones, more energy and less stress or just better skin, there are many good reasons to be eating more pineapples.

Some will point to the relatively high natural sugar content in the fruit and this is a factor if you are trying to lose weight. With around 16 grams of carbohydrates per cup, they aren't exactly a low-carb food. Even here though pineapples continue to surprise.

Anyone who's eaten a ripe pineapple can tell you how sweet it is and these natural sugars give the fruit a glycemic index of 59. Importantly though, pineapples are also high in fiber with their firm texture and bromelain rich core. This actually means they have a total glycemic load (the more important measurement of effect on blood sugar) of just 7, and are a far healthier choice than the vast majority of sweet foods you might have as a dessert.

If you are still worried about the sugar content of pineapples or would just like the convenience, [these concentrated bromelain capsules are inexpensive](#) and definitely worth taking just after a big protein meal if you can't have fresh pineapple.

I'd encourage anyone to eat more of the fresh fruit regularly though and enjoy sweet and delicious pineapples guilt free, knowing just how good they are for you in so many different ways. If you have a juicer, freshly made pineapple juice is another great way to enjoy it.

Please share the many health benefits of pineapple with your friends. It's not often people find out that something that tastes so good can also be so good for them as well.

All the best,

Jim @ <http://superfoodprofiles.com/>