

## **Peaches and its Benefits**

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### **SUMMARY**

Peaches are one of nature's best inventions. They're soft and sweet, smell divine, taste good cooked or fresh, and they're chock-full of vitamins, minerals and antioxidants. Peaches boast lots of potential health benefits, including improved digestion, a healthy heart, a strong immune system and improved allergy symptoms.

### **INTRODUCTION**

Peaches are a member of the stone fruit family, along with nectarines, plums, apricots, and cherries, and they're also a relative of almonds. In addition to being downright delicious, especially at their peak, peaches offer some unique health benefits.

### **Benefits**

#### **Peaches are Good for Gut Health**

It is the indigestible part of carbohydrates that helps prevent constipation, supports gut health, and helps manage blood sugar by slowing down how quickly blood sugars rise. Peaches also contain prebiotics, which feed the beneficial bacteria in the gut tied to anti-inflammation, immunity, and mood.

#### **Peaches Support the Immune System**

Peaches support immunity. Peaches also contain vitamin A, which plays a role in keeping lungs and other organs healthy.

#### **Peaches Have Antioxidant Properties**

Peaches contain antioxidants—polyphenols and carotenoids specifically. Antioxidants are known to combat oxidative stress, which is an imbalance between the production of cell-damaging free radicals and the body's ability to counter their harmful effects. That's key for brain health, as oxidative stress is known to be a causative factor in neurodegenerative diseases like Alzheimer's disease.

**Rich in Vitamins**

**Rich in Antioxidant & Fiber**

**High in Potassium**

**Improves Eye Vision**

**Maintains Body Weight**

**Lowers Inflammation**

**Promotes Skin Health**

**Prevents Cancer**

**Prevents Heart Disease**

**Prevents Bone Disorders**

**Improves Cardiovascular Health**

**Proper Kidney Function**

**Protects Against Anemia**

**Controls High Cholesterol & Diabetes**



## **Health Benefits of Peaches**

**Peaches Might See Healthier Skin**

Peaches have beta carotene and vitamin C: Both have been shown to support healthy skin.

**Peaches May Support Eye Health**

The vitamin A in peaches also helps support healthy vision.

**Peaches Can Be Helpful for Blood Pressure****CONCLUSION**

Peaches are high in potassium and that's important for blood pressure because consuming a lot of sodium can lead to high blood pressure, but potassium can help regulate blood pressure by acting as a natural diuretic to sweep excess sodium and fluid out of the body.

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