

Benefits of Cane Juice

- Prevents Cancer: Alkaline in nature because of high concentration of magnesium, calcium, potassium, iron and manganese.
- Aids in Digestion: It keeps the digestive system in good shape, prevents stomach infections and treats constipation. Treats acidity and stomach burns.
- Prevents Heart Diseases: Reduces levels of unhealthy cholesterol and triglycerides. Potassium lowers blood pressure.
- Weight Loss: Reduces bad cholesterol and is high in soluble fibers. It also contains natural sugars.
- Good for Diabetics: It is full of natural sweeteners which have a low glycemic index (GI).
- Clears Skin: Contains Alpha Hydroxy Acids (AHAs), which fight acne, reduce blemishes, prevent ageing and help to keep the skin hydrated. You can apply sugarcane juice on your skin and let it dry or add it to your favourite face mask and scrub.
- Strengthens Liver: Effective remedy for jaundice.
- Diuretic: Helps treat urinary tract infections, kidney stones and ensure proper functioning of the kidneys.
- It builds up plasma and body fluids.
- Extremely rich in minerals e.g. calcium and phosphorus which help prevent tooth decay (strengthen tooth enamel) and bad breath (which can occur due to nutrient deficiency).
- Cures febrile disorders and reduces fever.
- Instant energy booster and strengthens body organs; increases muscle power.
- Ensures safe pregnancy: Facilitates quicker conception by minimizing ovulation problems; contains folic acid which prevents neural birth defects like spina bifida.
- Facilitates development of bones and teeth: Very rich in calcium.
- Treats sore throat: Very rich in vitamin C.
- Wound healing: Sucrose is naturally capable of healing wounds in a short span of time. You can dab some juice on the wound for better results.
- Prevents DNA damage: Protects you from radiation-induced DNA damage and oxidative degradation of cellular fats.
- Good for nail health.

Parsley:

- Powerful anti-inflammatory and antioxidant. Anti-arthritis properties. Anti-bacterial.
- Reduces cancer risk.
- Improves immunity and modulates the immune system, thus fighting allergies, autoimmune and chronic inflammatory disorders.
- Protects blood vessels and promotes heart health.
- Protects from asthma, atherosclerosis, colon cancer etc. very rich in vitamin C.
- Supports bone health.
- Protects eyes and promote healthy vision: Contains betacarotene, lutein and zeaxanthin.

Turmeric:

- Very strong antioxidant and anti-inflammatory.
- Lowers risk of brain disease/ degeneration and improves brain function and memory.
- Lowers risk of heart disease: Improves function of the lining of blood vessels.
- Anti-cancer: Kills cancerous cells and prevents their spread.
- Prevents and treats Alzheimer's Disease.
- Antidepressant
- Anti-arthritic.
- Helps delay aging and fights age-related chronic diseases.

Lime:

- Rejuvenates skin: Vitamin C and flavanoids.
- Improves digestion: Clears excretory system and stimulates bowel activity; treats heartburn and reflux.
- Fights infections: Vitamin C and antioxidants.
- Helps weight loss: Citric acid boosts metabolism.
- Lowers blood sugar: Regulates how the body absorbs sugar into the bloodstream.
- Reduces heart disease: Magnesium and potassium promote heart health; reduce cholesterol levels.
- Prevents cancer: Alkaline and rich in antioxidants. Improves function of immune system.
- Reduces inflammation, gout and uric acid level.

Thyme:

- Respiratory health/ Cough suppressant: Powerful Antispasmodic, antibacterial and expectorant.
- Antibacterial/ sore throat remedy: one of nature's most powerful antimicrobials.
- Wound healing: Antiseptic.
- Heart Health: Antispasmodic qualities relax blood vessels, lowers blood pressure and strengthens heart muscles.
- Digestive health: Stimulates peristalsis, relieves intestinal cramping and reduces bloating from malabsorption. Prevents formation of gas in the GI tract and supports removal of excess gases to combat flatulence.
- Kidney health/ Diuretic:
- Mood boosting: Increases dopamine and serotonin levels; combats depression and exhaustion.

Rosemary:

- Antioxidants and anti-inflammatory: Boosts immunity and improves blood circulation.
- Improves digestion.
- Enhances memory and concentration.

- Neurological protection: fights off damage by free radicals in the brain. Can improve recovery from stroke.
- Anti-cancer: Reduces formation of cancer-causing agents, anti-tumor and anti-inflammatory.
- Promotes eye health: Protects against macular degeneration.

Mint:

- Relieves allergies.
- Breastfeeding: Can prevent nipple cracks and pain.
- Treats common cold: Breaks up phlegm and mucus, making it easier to expel. Decongestant.
- Treats Irritable Bowel Syndrome.
- Treats stomach upset and indigestion: Increases bile secretion and improves bile flow, eases digestion, relieves bloating and flatulence.
- Protects stomach lining from gastric ulcers.
- General pain relief.
- Oral health: Anti-microbial and breath freshener.
- Skin: Soothes skin affected by insect bites, rash or other reactions.
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