

# Papaya Enzyme Benefits

**D**id You Know? Papain helps in tenderizing meat by breaking down the collagen and other connective tissues, and thus, is widely used as a marinating ingredient. Papaya enzyme, also referred to as papain, is a cysteine protease enzyme present in papaya. Also referred to as papaya proteinase I, it is well-known for its digestive health benefits. It consists of 212 amino acids, which are supported by 3 disulfide bridges. Simply put, it is the powerful mix of proteolytic enzymes derived from this fruit.

## Acute Gastritis Remedy

Acute gastritis can be easily dealt with through medication. Over-the-counter and prescription antacids are effective in dealing with acidity and inflammation. On the other hand, if gastritis is triggered due to H. pylori bacteria, a course of antibiotics is needed to treat it entirely. One can prevent acute gastritis by avoiding spicy food and managing stress.



“



***Waist Pain on the Right Side** There are various vital organs located in the pelvic region, and abnormal functioning of the same results in waist discomfort. In minor cases, discomfort is caused due to sitting or sleeping in improper position. On the other hand, certain diseases...*

- Other things you can do is to get corrective cognitive therapy that will help you deal with the stress better.
- You should also learn how to prioritize your responsibilities and take up just so much work that you can deal with.
- If nothing worse, try to get counseling, which will certainly help you deal with your problems better.

**Disclaimer:** Content in this document is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.