

Papaya Enzyme Benefits

Did 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.

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***Irritable Bowel Syndrome in Children** Irritable bowel syndrome (IBS) refers to a condition characterized by abdominal cramps, diarrhea, irregularity, in addition to gas and bloating. Although the etiology is unclear, IBS has been associated with tension, hormone changes and health...*

- 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.

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