

# 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.



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***Pain Around Belly Button** Persistent pain around belly button (navel) certainly can not be ignored and is often related to issues associated with the small and the large intestines. The pain typically worsens when doing extending workouts. Activities like bending, leaning or...*

- 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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