Study Shows that Apple Pectin Powder Lowers Cholesterol

Tyler Collins January 29, 2016

Apple Pectin Powder Lowers Cholesterol and Lowers Blood Sugar Spikes

Study shows Apple Pectin Powder lowers cholesterol and decreases sugar spikes in diabetics. Apple Pectin Powder is available on eternallyherbal.com.

(Newswire.net -- January 29, 2016) -- People suffering from high cholesterol and diabetes just may be able to get some relief from their conditions with an unassuming substance known as pectin, which is commonly available in apple pectin powder form. In the results of a new study published on Draxe.com, the many benefits of a diet rich in foods that contain substantial amounts of pectin were extolled. Already widely recognized by the global medical establishment as an abundant source of dietary fiber, pectin was suggested to have a number of other benefits with regard to the control of disease symptoms, and even the treatment of certain health conditions.

Pectin is a type of carbohydrate obtained from fruit, vegetable, and seed extracts. It is primarily used in food preparation as a gelling and thickening agent, and an all-around stabilizer. Pectin is commonly sold in powder form, which may be white to light-brown in color. Most commercially available forms of pectin are produced from citrus fruit extracts. Apart from its use as a gelling agent for preserves, jams, and jellies, pectin is also widely used in fillings, laxative medications, and lozenges. Pectin is also a common ingredient in fruit juice preparations and milk drinks.

Noted health food retailer EternallyHerbal itself carries a line of quality products in which pectin is a major ingredient. Pectin is a virtual nutrition bomb that contains a wealth of vitamins, minerals, and other health beneficial substances. A single package of unsweetened, dry organic apple pectin contains as much as four grams of dietary fiber, 45 grams of carbohydrates, 0.2 milligrams of copper, 0.2 milligrams of zinc, and 0.01 milligrams of manganese.

But just as important as what pectin contains is what it does *not* contain. Pectin is actually one of the most effective weight control foods around, containing only 163 calories per serving. It also has absolutely no fat, no cholesterol, and only has 100 milligrams of sodium. This makes it ideally suited to be part of a low-fat, low-cholesterol, and low-sodium diet that is rich in dietary fiber, with a number of essential minerals included for good measure.

Some of the more widely recognized benefits of pectin have to do with its exceptionally high fiber content. This in itself has a number of significant benefits with regard to lowering cholesterol and ensuring the efficiency of the digestive process. But perhaps some of the more exciting benefits of pectin have to do with its value in terms of lowering cholesterol levels in the body and addressing some of the symptoms of diabetes. Containing a large percentage of water-soluble fiber that aids in the binding of cholesterol in the stomach and intestines, pectin may prevent the reabsorption of cholesterol into the bloodstream. Pectin-rich foods may also help control diarrhea and provide relief from constipation.

Pectin's potential value in diabetes treatment stems from its ability to slow down enzyme activity as it breaks down sugars and starches in the body. With the significant reduction in the rate of carbohydrate and sugar absorption, diabetes patients experience much fewer blood sugar spikes, which in turn results in reduced incidences of glucose intolerance and weight gain, both of which are commonly associated with the disease.

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(321) 323-9701

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