

Twitter Thread by Online Eye Doctor



Online Eye Doctor

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Watermelon: Eat Me?

Me: Gladly■■■■

BENEFITS OF WATERMELON

- 1.Good eye sight**
- 2.Prevent Kidney Disoder**
- 3.Prevents heart problem**
- 4.Helps prevent cancer**
- 5.Heart care**
- 6.Improves sexual life**
- 7.Great for hair and skin**

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- 1.Good eye sight

Don't worry about eye health if you eat plenty of watermelon, because, between the beta-carotene, vitamin-C, lutein, and zeaxanthin, your eyes are well protected.

These antioxidants will ensure the protection of your eyes from age-related degeneration

- 2.Prevent Kidney disorders

Watermelon contains a lot of potassium, which is helpful in cleaning or washing out the toxic depositions in the kidney

It aids in reducing the concentration of uric acid in the blood, thereby limiting the risk of kidney damage

- 3.Prevents heart problem

The presence of potassium and magnesium in watermelon helps to bring down blood pressure.

Potassium helps release the tension of blood vessels and arteries, thereby stimulating increased blood flow and reducing stress on the cardiovascular system

4.Helps prevent cancer

Watermelon has an impressive level of lycopene, a carotenoid phytonutrient compound that is increasingly being linked to cancer prevention

5.Heart care

Several nutrients contained in watermelon like lycopene help to lower cholesterol and blood pressure levels.

Watermelon also contains antioxidant and anti-ageing properties which keeps your heart young and prevents age-related cardiac problems

6.Improves sexual life

Arginine, present in watermelon, helps in curing erectile dysfunction.

The stimulating nature of the chemical can boost libido, reduce frigidity and give a kick-start to your love life after you enjoy a few slices of watermelon together.

7.Great for hair and skin

The two major vitamins in watermelon, A & C, are important to the hair & skin.

Vitamin C helps the body produce collagen: keeping your skin nice and hair strong while vitamin A helps create and repair skin cells.

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