

MATURE GREEN PAPAYA POWDER

Papaya is a tropical fruit that is eaten and used in various ways. At the mature, still green stage, papaya is harvested as a rich source of vitamins, minerals, and enzymes. A special dehydration process, rendering green papaya into powder, makes it an excellent nutritional supplement to the diet.

Green papaya powder is rich in the proteolytic enzyme papain, well-known for its ability to break down protein. In fact, it is one of the most powerful of plant proteolytic enzymes, and is even superior to the pepsin produced in our stomach. The ability of papain to digest meat fibers makes it an active ingredient in meat tenderizers. Its digestive ability is also active in either an acid, alkaline, or neutral pH stomach environment. Another proteolytic enzyme found in green papaya with similar properties is chymopapain. Both papain and chymopapain have been recommended for use in the prevention of stomach ulcers. They both help soothe and calm the digestive system.

Because of its ability to digest protein in a varying pH stomach, papain is very helpful to those with low hydrochloric acid output. The pepsin naturally produced by the stomach is only activated in an acid environment; what this means then is that a low stomach acid output is unable to sufficiently digest food. This relatively common deficiency can be alleviated by the daily intake of green papaya powder. In addition to digesting protein, its enzymes also help digest carbohydrates and fats. It is therefore beneficial to those who have developed any one of various enzyme deficiencies. For example, as it helps with wheat breakdown, it is often used for celiac patients.

Papain has the ability to transform proteins into the various amino acids that are essential in nutrition. Arginine, for example, is one of the essential amino acids not normally produced within the body; it must be obtained from specific foods. Arginine is an important link in the production of the human growth hormone (HGH) produced by the pituitary gland. Papain has the distinctive ability to convert a certain portion of all the protein available into arginine.

Papain is also known as a powerful mucus and pus solvent. The waste matter from excessive mucus and dead tissue which commonly forms on the intestinal walls, including the colon, is hydrolyzed and cleansed away by papain.

Green papaya powder also has strong antiseptic properties: It helps to curb the growth of harmful bacteria in the intestines. One of the alkaloid compounds in green papaya with this ability is carpaine. A more balanced environment for beneficial intestinal flora, which is crucial to health, can therefore be maintained.

Green papaya powder is rich in protein (at about 8%, mostly in the form of enzymes), complex carbohydrates (70%), fiber (5%), calcium, potassium, vitamin A, and the trace element magnesium (1/2%).