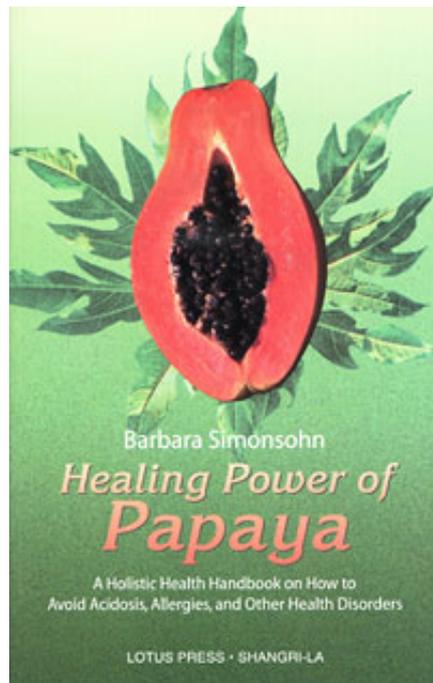


Barbara Simonsohn Healing Power of Papaya

Reading excerpt
[Healing Power of Papaya](#)
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The Papaya and I

After a 24-hour flight from Hamburg to Maui, Hawaii by way of Vancouver with the accompanying time change, I felt exhausted. I slept and dozed for half the day. The next morning, I still felt tired and unmotivated. The attractive surroundings left me cold and, in addition, my digestive system wasn't functioning as usual. With my fiancée, I went shopping at a natural food store in Paia. I was surprised to see cans of dried papaya seeds there. "That's funny," I thought, "there are so many papayas here. Why do the people in Hawaii throw the seeds away only to then buy them later at an expensive price in a health-food store as a digestive aid?"

We bought a few ripe papayas, and my fiancée was almost shocked to see me eat the fruit complete with skin, seeds, and stem. "That's not how you eat a papaya," he scolded while wrinkling his nose and shaking his head. "Why not?" I responded because the sharp seeds tasted pleasantly spicy together with the sweet fruit.

Immediately after eating the papaya, I felt physically and emotionally better. I was once again in a good mood and ready for adventure! Less than half an hour later, my digestive system was functioning well again.

At that time, I didn't know that the papaya has a strongly alkali-forming effect and can serve as a "mood brightener" (see *Help against Acidosis* on page 77). I was simply surprised by the prompt response as a digestive aid (see *Papaya as a Digestive Aid* on page 91).

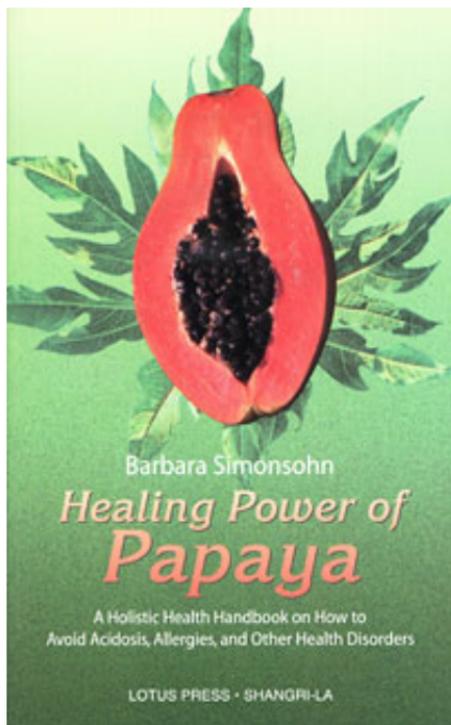
After this key experience, I ate a papaya for breakfast whenever possible and kept this good habit even after I returned to Germany. It was only several years later that I read about the advantages of this exotic fruit and heard phrases like "a papaya a day, keeps the doctor away" or "papaya, the melon of health." As I read about the discovery of the papaya, it became clear to me that it took centuries for scientists to become interested in this fruit and explain the sensational effect of the fruit on the tormented stomachs of the Spanish conquerors.

Many "wonders" that this fruit contains have not yet been discovered and we can expect many positive surprises in the future. For example, the research on all the enzymes and other active substances

is far from complete. Sometimes we need many impulses before we get enthusiastic about something.

This book is meant to encourage you in experiencing this "wonder fruit from the tropics" yourself. Fortunately, there are good habits as well as bad habits that we can establish. Perhaps the papaya will also become indispensable to your daily range of foods. The best thing about the papaya is that it not only is healthy, but also tastes fantastic!

In this sense, this book would like to arouse your appetite for this "fruit of the angels" and bring a small piece of tropical "paradise" into your home.



Barbara Simonsohn

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