



Health Benefits of Organic Fruits that Resemble Body Organs

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Abstract

Diets rich in fruits, nuts and vegetables decrease the risk of chronic diseases, such as cardiovascular diseases and cancer. In most low-income households, there is low uptake of fruits even in plant-based diets. This causes stunting, obesity and nutrient deficiencies in foodstuffs. The article discusses the health benefits of six fruits and how their shapes are similar to human body organs. The literature survey focused on searching, screening and selecting articles from key databases including, Google search engine and Google Scholar. The findings show that organic fruits are vital for healthy functioning of body organs they resemble. They also protect bodies against diseases. Therefore, understanding the health utility of fruits is critical to enhance their inclusion in diets. It is an important step towards ending hunger, achieving food security, enhancing nutrition, and promoting sustainable agroforestry.

Keywords: Antioxidant; Body Organs; Cancer; Fruits; Immune; Phytochemicals

Abbreviation

SDGs: Sustainable Development Goals.

Introduction

Climate change, outbreak of food borne and food related diseases, as well as population increase have all accelerated, resulting in the need to have organic foodstuffs. In organic food systems, fruit-based diets has not been given due consideration they deserve. Consuming organically produced fruits have economic and health benefits, which are the prime focus of this detailed review. The present review details the composition of fruits resembling body parts.

Most low-income countries are facing persistent levels of chronic malnutrition exacerbated by food insecurity and deepening poverty. Household diets rarely include fruits.

Plant based diets provide essential nutrients needed for growth, maintenance and energy [1,2]. Fruits are equally important like nuts, oils, grains and vegetables. Compared to artificially produced fruits, organic fruits are widely promoted in diets because of their high energy content and nutrients. They are vital sources of vitamins, minerals, dietary fiber and phytochemicals that function as antioxidants, phytoestrogens, and anti-inflammatory agents. Phenolics, flavonoids and carotenoids available fruits play a key role in reducing chronic disease risk. In addition, fruits supply dietary fiber which lowers incidence of cardiovascular diseases and obesity.

Food and nutrition security exist when people at all times have physical, social and economic access to food, which is consumed in sufficient quantity and quality to meet their dietary needs and food preferences. Adequate food and nutrition security are essential for achieving the United

Nations Sustainable Development Goals (SDGs), particularly SDG 2, which aims to end hunger, achieve food security [3]. Globally, the nutritional aspects of the SDGs aim to promote healthy and sustainable diets and ensure food security. Improved nutrition is a panacea for progress in health, education, employment, empowerment of women, reduction of poverty and inequality, and lay the foundation for peaceful, secure and stable societies. Poor nutrition is influenced by several socio-economic factors, including poverty (SDG 1). Poverty limits access to adequate food intake and makes it difficult end hunger, achieve food security, improved nutrition [3]. Food insecurity compromises health, environmental protection, education and socio-economic development [4].

Worldwide, food and nutrition security are being compromised due to climate induced droughts and over-reliance on industrial inputs that are costly, negatively affects animal health and are environmentally unfriendly. For example, 1 in 3 children are chronically malnourished in sub-Saharan Africa [1]. Additionally, dietary diversity is poor especially among low and middle-income households and there is an upsurge of food borne and food related diseases. While extensive research exists, this literature review focuses on the health benefits of fruits whose shapes resemble human body parts. This is an attempt to promote the consumption of different types organic fruits.

Methods

In this study, a qualitative content review search strategy was used to locate relevant scientific literature concerning fruits, their shapes and health benefits. The review focused on key search engines and bibliographic databases including Google and Google Scholar. A two-tier screening approach was then used to assess the appropriateness of the studies retrieved by the search strategy. First, titles, abstracts, and keywords of publications available in English were reviewed. The retrieved publications were then further examined to select those focusing on shape of fruits and body health as their core subject matter. Nevertheless, the limitation of this approach is that some relevant articles besides those written English were not included [5].

Research Findings

The Beneficial Effects of a Tomato to the Heart

A tomato is the most common fruit used as food and can be eaten raw or cooked. It can also be consumed as juice. Tomatoes resemble the heart in colour and shape when sliced open. They contain antioxidants such as lycopene which protect the heart against oxidative stress, diseases and lowers the risk for heart attacks or strokes. Antioxidant-rich tomato reduces high blood pressure, lowers cholesterol, and

improves blood vessel health. Mixing tomatoes with natural oils from avocado boosts the body's lycopene absorption by nearly tenfold [2,6]. Tomatoes are important sources of vitamin C which is crucial for heart health.

Avocados and the Female Reproductive Organs

The shape of an avocado when sliced open looks like a uterus. Thus, consuming avocados supports reproductive health of women. Avocados are a good source of folic acid which reduces the risk for cervical dysplasia, a precancerous condition.

Olives Promote Healthy Ovaries

Olives promote the health and function of the ovaries. Studies observed that women whose diets included a lot of olive oil had a 30% lower risk of ovarian cancer [1,3]. Healthy fats in the oil help suppress genes predisposed to causing cancer [2].

Grapes

Grapes look like female mammary glands and alveoli. They improve the health of the breasts and the movement of lymph in and out of the breasts. Alveoli are tiny airways in lungs. They allow oxygen to pass from the lungs into the blood stream. Grapefruit contains limonoids which reduces the risk of lung cancer and emphysema. In addition, grape seeds contain a chemical called proanthocyanidin, that reduces severity of asthma triggered by an allergy [6,7]. Red wine contains a bloodthinning compound which reduces blood clotting. Blood clots are associated with stroke and heart diseases [2,3].

Bananas

Bananas look like toned stiff muscles. Eating bananas enhances people to smile. Potassium-rich bananas aid in muscle recovery when eaten after work out. Bananas are superfruits containing tryptophan, which when digested is converted into serotonin, a mood regulating neurotransmitter chemical in the brain [6]. A banana is also an antidepressant drug which adjusts levels of serotonin production in the brain.

Benefits of Lemons and Oranges

The shape of lemons, oranges resembles breasts. They contain limonoids to inhibit the development of cancer in human breast cells. Red wine from grapefruits is rich in antioxidants, polyphenols and resveratrol. It protects the body against harmful substances like cholesterol which causes heart diseases.

Conclusion

Organic fruits provide important nutrients and cure ailments of the body parts they resemble. It is important for diets to include various fruits for the benefit of the whole body. They are rich sources of phytochemicals which reduce the risk of diseases including cancers, cardiovascular disease, asthma, and diabetes. They have strong antioxidant activity (as opposed to artificially produced fruits using synthetic fertilizers and pesticides) to inhibit proliferation of cancer cells, decrease oxidation of lipids, and lower cholesterol levels. Regular uptake of fruits reduces stress, modulates the immune system, increases energy and sharpens the mind. The findings of this study highlight the need to consume fruits for enhancing wellbeing of body organs they resemble. Given that this research, focused only on a few fruits, future studies can focus on health benefits of many organic fruits and how their shapes resemble human body organs.

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