

# *10 Amazing Health Benefits of Ashitaba*

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Ashitaba is a green leafy plant that grows in Japan. It has been used as a natural medicine for over 400 years.

It is one of the healthiest foods on the planet.

The health benefits of ashitaba are numerous. This is because of its massive collection of vitamins and minerals.

Some of the star players are vitamins A, B, C, and E, calcium, potassium, melatonin, and chlorophyll.

In addition, ashitaba contains a variety of antioxidants called chalcones.

This superfood is also known by the name "tomorrow leaf." This nickname comes from its incredible ability to grow back cut leaves overnight.

This ability to regenerate itself so quickly makes it clear that this plant has some seriously special health benefits.

## ***THE TOP 10 HEALTH BENEFITS OF ASHITABA***

Ashitaba has a huge variety of desirable effects on human health. Many studies have been conducted on the health benefits of ashitaba. Here are some of its most valuable capabilities. Ashitaba is known to:

### ***1. SLOW AGING***

Ashitaba contains high levels of antioxidants, which combat cell-damaging free radicals.

Free radicals are unstable molecules produced through the body's use of oxygen. They weaken cell walls, disrupting living cells. Antioxidants protect cells by disabling free radicals.

Free radicals are attributed to damage of several parts of the body, especially the skin's aging effects.

Melatonin, an antioxidant, is found in ashitaba as well. It not only contributes to healthy and restful sleep, it also slows aging by attacking free radicals.

Eating a diet high in antioxidants is therefore linked with slowing the aging process because it allows the skin to regenerate new cells.

[Ashitaba can also be applied directly to the skin](#), exfoliating off dead cells, leaving skin soft and silky smooth.

Who doesn't want to slow the aging process? Skin health is important for reasons of vanity, but it is also the largest organ of the human body.

## ***2. HELP PREVENT CANCER***

Free radicals are also linked to causing cancer.

Ashitaba's antioxidant properties have been shown to exhibit anti-cancer effects. They have the remarkable ability to suppress cell growth abnormalities.

One study showed that [two types of cancer cells experienced toxic effects when exposed to xanthoangelol](#).

Xanthoangelol is a chalcone found in the stem of ashitaba. A [chalcone](#) is a naturally occurring chemical compound which is a healing powerhouse antioxidant.

## ***3. SUPERCHARGE YOUR IMMUNE SYSTEM***

Regularly consuming ashitaba has a huge effect on your immune system.

It serves as an anti-inflammatory. Anti-inflammatories prevent diseases such as arthritis and reducing muscular and joint pain.

It is also highly antibacterial with the ability to accelerate wound healing and prevent infection. The sap of the plant can be directly applied to a cut.

Ashitaba is excellent at treating cold and flu symptoms because of these properties.

In addition, it has anti-fungal properties. Also, ashitaba aids in the prevention and treatment of

osteoporosis.

A strong immune system is invaluable for anyone who wants to lead a healthy lifestyle.

#### ***4. IMPROVE THE CENTRAL NERVOUS SYSTEM***

Consuming ashitaba stimulates the production of Nerve Growth Factor (NGF) because of its high levels of B12 vitamins.

NGF is critical for the survival and maintenance of sympathetic and sensory neurons.

Healthy neurons mean excellent cognitive function.

Central Nervous System health is vital: it controls most functions of the body and mind, after all.

#### ***5. SUPPORT CARDIOVASCULAR HEALTH***

The chalcones found in ashitaba have the incredible ability to decrease and regulate blood pressure.

It is an antithrombotic (anti-clotting agent), preventing painful and dangerous blood clots.

Ashitaba can increase good cholesterol (HDL) and decrease triglycerides and bad cholesterol (LDL).

Potassium, found in ashitaba, also helps heart muscle function.

Heart health is extremely important. Controlling your cholesterol decreases your risk for heart disease, heart attack, and stroke.

#### ***6. DETOXIFY BLOOD***

Ashitaba prevents and combats anemia with its high levels of iron, calcium, and potassium.

Enables the blood to release harmful toxins.

B12 and chlorophyll contents found in ashitaba allow the blood to flow freely.

Ashitaba also aids red blood cell and hemoglobin formation.

Detoxifying the blood allows the body to be rejuvenated. Blood will transmit any impurities through your body, so it greatly affects your overall health.

### ***7. PREVENT AND TREAT DIABETES***

Chalcones regulate glucose levels.

[Ashitaba allows diabetes sufferers to reduce insulin use](#) by preventing blood sugar spikes.

In addition, it increases insulin sensitivity. It lowers and stabilizes blood sugar levels.

It also reduces blood pressure and enhances liver and kidney functions.

### ***8. INCREASE METABOLISM***

Ashitaba is great for your body. It increases energy and stimulates the metabolism, aiding greatly in weight loss.

In combination with a healthy diet and regular exercise, ashitaba can be helpful at eliminating excess weight.

It also creates an alkaline pH in the body, which can help control appetite.

Proteins found in ashitaba also help build muscle when exercising.

### ***9. PREVENT AND CURE STOMACH ISSUES***

The miracle chalcones of ashitaba are also associated with the prevention of constipation.

Ashitaba is also a diuretic, which allows the body to release excess water weight. This makes you feel better and have better digestion.

It reduces stomach secretions, helping with symptoms of heartburn (GERD) and peptic ulcers.

One study shows that the [higher the dose of ashitaba given in an animal study, the less acid was secreted.](#)

### ***10. AID BRAIN FUNCTION***

High levels of B12 found in ashitaba prevent memory loss. Memory loss is common in diseases like Alzheimer's disease, Parkinson, and dementia.

It increases concentration and attention. It increases your control over emotions.

The brain is an energy demanding organ. The blast of vitamins, minerals, and antioxidants found in ashitaba help fully fuel it.

The many health benefits of ashitaba improve the body, allowing each organ to work better and better.

### ***IN CONCLUSION***

To maximize the health benefits of ashitaba, consume it daily. Of course, consult your doctor before making any changes to your medical treatments.

Most commonly, ashitaba is enjoyed as a tea, in a smoothie, or in a salad. The roots and stems can also be cooked into meals.

The easiest way to [get your daily ashitaba](#) is a high quality powdered version of the plant in its raw form.

Why not try adding to your diet some of the best vitamins, minerals, and antioxidants the earth has to offer? [Check out ashitaba](#) today.