Bitter Gourd

* Acts as a blood purifier
* karela juice help in treating skin problems, blood disorders, removing toxins from the blood and purifing it.
* improves blood circulation and helps to cure issues like rashes, acne, psoriasis, blood boils and even hinders the growth of cancerous cells in the body
* Helps in weight loss: Eating or drinking the juice of karela stimulates the liver to secrete bile acids that are essential for metabolising fat in the body.
* Besides, a 100g serving of bitter gourd contains just 17 calories making it a great option for fitness enthusiasts.
* Improves immunity: Karela is an extremely rich source of vitamin C, which helps boost immunity. It also has powerful antiviral property, which stimulates the immune system and also aids in digestion.
* Great for diabetes: Bitter gourd has a certain insulin-like protein called polypeptide P that mimics the action of insulin and lowers blood sugar levels in diabetic patients.
* Fight acne: Consuming karela can help you get rid of acne, blemishes and skin infections and gives you a healthy and glowing skin.