



Numerous Uses of Bitter Leaf

By Ikechukwu Oduah

Lulu.com, United Kingdom, 2012. Pamphlet. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Bitter Leaf plant is an indigenous African species, it grows in most parts of sub-Saharan Africa. Some of the principal chemical constituents found in the Bitter Leaf herb are a class of compounds called steroid glycosides-type vernonioside B1 - these chemical substances possess a potent anti-parasitic, anti-tumor, and bactericidal effects. At the same time, the Bitter Leaf also helps bring relief from related problems in the body such as diarrhoea and general physical malaise. Remedies made from the Bitter Leaf are used in treating over fifteen common ailments in sub-Saharan Africa, these include common problems such as fever and different kinds of intestinal complaints, as well as parasite induced diseases like malaria and other vector borne diseases. It has proven high potency in curing Diabetes, memory loss etc.



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Reviews

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