

Although it has a bitter taste and considered one of the top despicable vegetable, Bitter Gourd also known as Karela is high in nutrients and offers numerous health benefits. In terms of nutrients and minerals, it is an excellent source of vitamins B including B1, B2, and B3, Vitamin C, folate, zinc, magnesium, phosphorus, manganese, and has high dietary fibre. It is rich in iron, and contains high concentration of beta-carotene, calcium and potassium. Drinking raw karela juice is full of advantages as it contains essential vitamins as well as antioxidants that all of us need. One of the top benefits of drinking bitter gourd juice is to reduce fat and helps in weight loss. Lets see some of the amazing benefits of bitter gourd juice for weight loss here:

## **Benefits of Bitter Gourd Juice for Weight Loss**



### **Helps in Weight Loss**

Bitter melon juice contains enzymes that break down fat into free fatty acids. It also protects pancreatic beta cells which release insulin and stabilizes the levels of this hormone. It stimulates bile juice release to metabolize fats. Bitter melon is high in water and low in calories. Drink the juice on an empty stomach and wait for an hour before consuming anything. It is healthy for your body and helps in losing weight naturally without causing any side effects.

### **Remove Toxins**

Bitter melon comprises about 90% water, which helps suppress appetite. This provides necessary hydration and helps flush out toxins from the body, one of the causes of weight gain. When too much toxin accumulates in the body, the liver is overwhelmed and cannot function effectively.

## **Breaks down Body Fat**

Body fat is chemically composed of connected chains of fatty acids. The enzymes present in bitter gourd help breaking down fat into free fatty acids. This way it helps in reducing body fat.

## **Aids to Metabolism**

Bitter gourd helps in stimulating the secretion of bile juice by the liver. This aids in the metabolism of fats and helps in losing weight.

## **Keeps you fuller for long as High in Dietary Fiber**

Bitter melon juice is also rich in dietary fiber. Consuming fiber-rich foods keeps your stomach fuller and stops you to go for snacks in time intervals. Fiber rich foods also supports strong digestive health and Karela keeps you fit and strong.

## **Stabilizes Insulin Levels**

Pancreatic beta cells in bitter gourd help in storing and releasing insulin. Insulin is the hormone behind regulating glucose levels in blood. This way bitter gourd helps in stabilizing insulin levels. When there is a rise in insulin levels in the body, it can lead to an increase in hunger and increased intake of food. This is one of the main reasons for obesity.

## **Prevents Diabetes and Control Blood Sugar Level**

Bitter gourd contains an insulin-like compound called Polypeptide-p or p-insulin which has been shown to control diabetes naturally. Bitter melon when taken on regular basis reduced the blood glucose level significantly in the patients suffering from type-2 diabetes. Studies have shown that this plant-based insulin in bitter gourd helps patients with type-1 diabetes as well.