

Saffron also commonly known as Kesar is generated from the three stigmas of the flower saffron crocus. These are usually delicate and thread like structures, which are bright orange red in color. Saffron extract is popularly known as an appetite suppressant thus it will assist you to take control of your desire for foods. It is the best ingredient to use a portion in your diet to reduce the weight and increase memory. Let's see some of the amazing health benefits of saffron extract here on this page.

## Is Saffron Good during Pregnancy

It is often recommended as a general advice to take saffron (Kesar) in your food during pregnancy due to owing medicinal benefits. Saffron has therapeutic properties and is consumed to aid digestion and improve appetite of pregnant women. You can start taking saffron milk at any time during your pregnancy. Milk is a great source of proteins and calcium. It is best to add just one or two strands of saffron to a glass of milk during pregnancy. It is also safe to use a few strands of saffron in your cooking.

Is it safe to take saffron during pregnancy? The answer is Yes, you can eat saffron but in small moderation amounts. Some pregnant mums use it to improve digestion and increase their appetite. Studies show that saffron may reduce blood pressure and mood swings. Saffron acts as an anti-depressant for those teary, gloomy days by boosting blood flow to brain which produces serotonin, a hormone which will definitely raise your spirit. Saffron curbs morning sickness as these exquisite strands fight nausea and dizziness which are normal happenings during pregnancy. Just 3 to 4 strands of saffron in milk would help to reduce the blood pressure in pregnant women. Saffron relaxes the muscles and acts as a uterine stimulant.

With traditions, come myths and one around saffron advocates its consumption during pregnancy leads to fairer complexion of the baby. There has been no research that proves having saffron and milk regularly in pregnancy leads to having a fairer baby. Moreover, the complexion of the baby is in no way dependent on the intake of saffron by the mother. Excessive intake of saffron during pregnancy can cause other complications and even miscarriage. A child's complexion is determined by hereditary factors and the genes, and anything you eat or drink will not have any effect on him or her. In large doses, saffron can act as a uterine stimulant and could cause contractions.

## Health Benefits of Saffron Extract and its Uses



The saffron which has white patches or streaks is considered to be of low quality. Saffron is an integral part of the cuisines from Moorish, Mediterranean and Asia. They mostly use this substance to color the rice yellow, as a part of their festivals. Saffron plays an important role in the preparation of the Italian rice dishes. It also combines well with

sea food such as fish and others. It is widely used in England for the preparation of Cornish saffron buns which is consumed along with dry fruit in yeast cake. Now saffron is cultivated worldwide including Spain, Italy and Iran. Saffron extract will not only assist you with curbing your desires for food, but will moreover deliver the many innumerable advantages that it offers. This really is a major element in any weight-loss plan. Making use of saffron extract will make it extremely easy for you to achieve your weight reduction targets. If you have problems with memory loss, then the usage of saffron in both its forms is likely going to help you quite a bit with it. Made from Natural Ingredients The reality that Saffron extract is produced with natural ingredients is definitely a very good reason to make use of this hunger suppressor. The utilization of the saffron extract is completely risk-free considering the fact that saffron has long been utilized in both its spice and flower form. Compared to the countless dietary suppressant products on the market, the saffron extract is 100 % natural.

### **Uses of Saffron & Health Benefits of Saffron Extract**

Acts as anti depressant  
Great for glowing Skin  
Good for intestinal & digestive aid  
Great during pregnancy  
Helps combat hair loss  
Improves Heart Health  
Cures joint pain  
Helps in maintaining blood pressure  
Natural way to reduce fever  
Get acne free skin