



Papaya: The Healthy Fruit (Natural Health Guide) (Alive Natural Health Guides)

Harald Tietze

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Papaya is wonderfully beneficial to the digestion process and healthy digestion is a key to gaining and maintaining optimal health. Papaya is also known and used to prevent, treat and heal a number of conditions such as: acne, menstrual irregularities, cancer, arthritis, low energy, fever, constipation, intestinal parasites, heartburn, and many others. Learn how to use this amazing plant for improved health. Includes recipes.

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