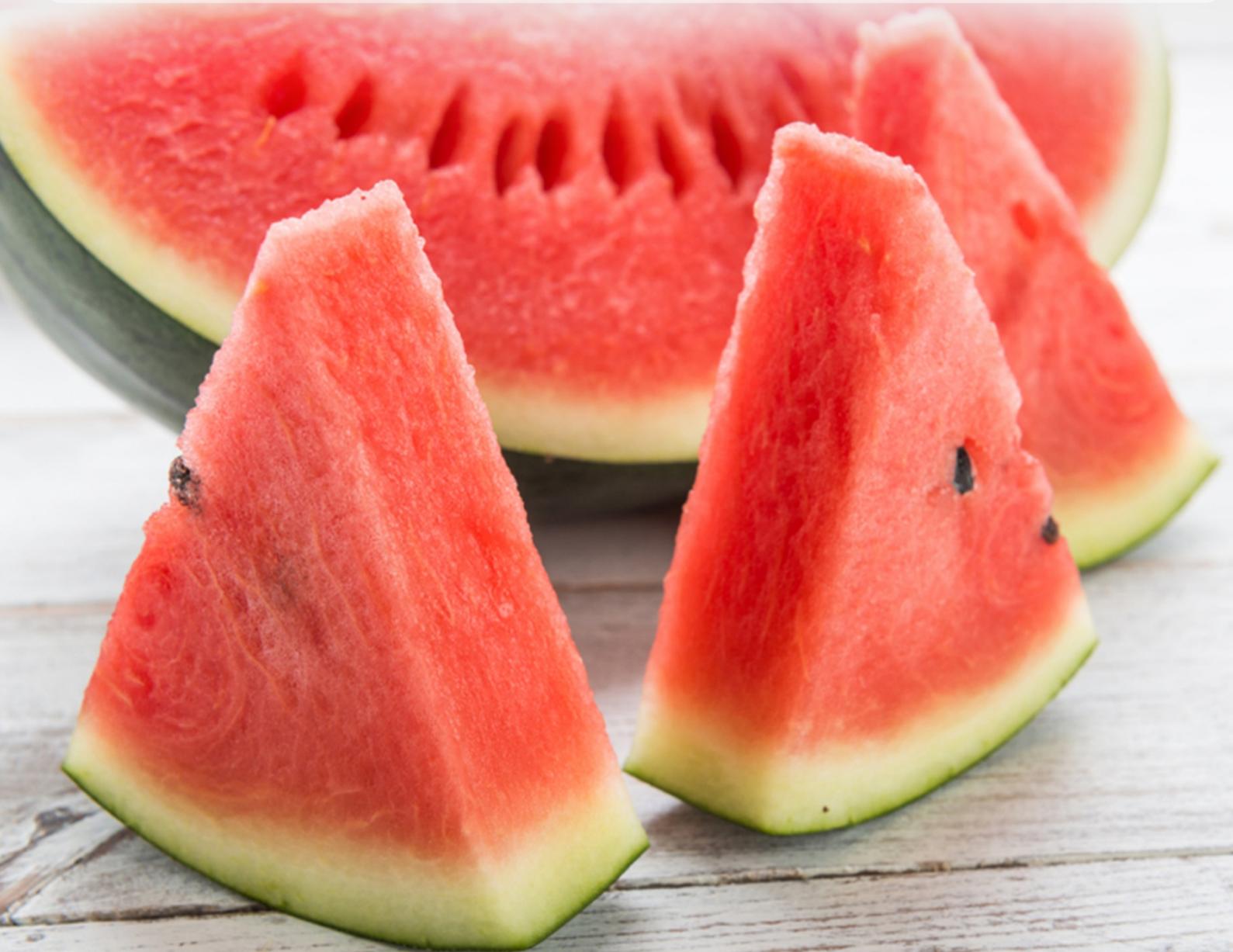


# THE TRUTH ABOUT WATERMELON

IS WATERMELON GOOD FOR YOUR BODY?



**Legal Notice:**

This eBook is copyright protected. This is only for personal use. You cannot amend, distribute, sell, use, quote or paraphrase any part or the content within this eBook without the consent of the author or copyright owner. Legal action will be pursued if this is breached.

**Disclaimer Notice:**

Please note the information contained within this document is for educational purposes only.

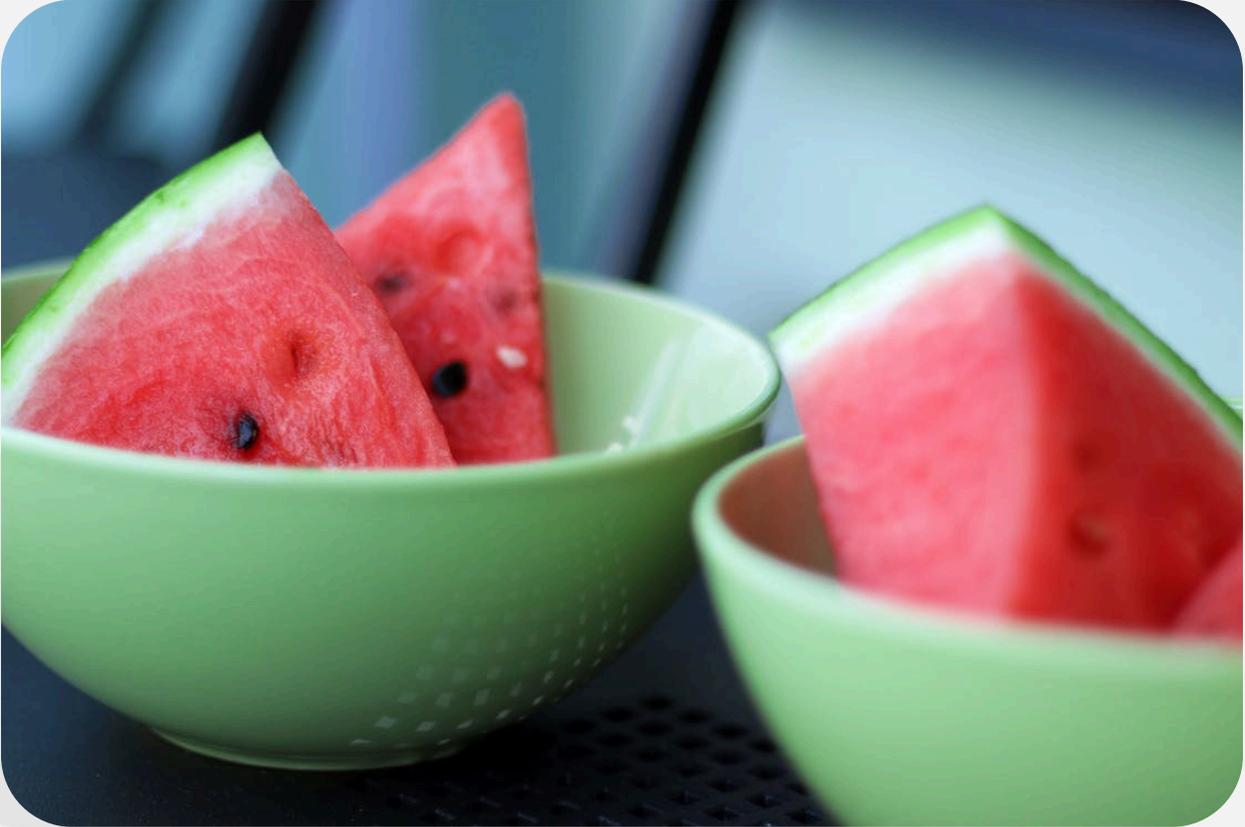
Every attempt has been made to provide accurate, up to date and reliable complete information no warranties of any kind are expressed or implied. Readers acknowledge that the author is not engaging in rendering legal, financial or professional advice.

By reading any document, the reader agrees that under no circumstances are we responsible for any losses, direct or indirect, which are incurred as a result of use of the information contained within this document, including – but not limited to errors, omissions, or inaccuracies.

# CONTENTS

<b>Introduction.....</b>	<b>4</b>
The History Of Watermelon.....	4
What You Will Learn In This Book.....	5
<b>Health Benefits Of Watermelon .....</b>	<b>6</b>
Hydration.....	6
Nutritional Benefits.....	7
Boosted Immunity .....	7
Fights Inflammation And Prevents Oxidative Stress.....	7
Cardiac Health .....	7
Vision.....	8
Digestion.....	8
Can Watermelon Help You Stay Healthy.....	9
Cancer Prevention .....	9
Lower Blood Pressure .....	9
Prevention Of Macular Degeneration .....	10
Diabetes Prevention .....	10
Erectile Dysfunction.....	11
Kidney Health.....	11
Weight Loss .....	11
<b>Pros And Cons Of Watermelon .....</b>	<b>12</b>
The Pros Of Eating Watermelon.....	12
The Cons Of Eating Watermelon .....	13
<b>Other Uses For Watermelon.....</b>	<b>14</b>
Watermelon And Skin Care.....	14
Watermelon And Hair Care .....	15
Massage .....	15
<b>Conclusion .....</b>	<b>16</b>
<b>Citations.....</b>	<b>17</b>

## INTRODUCTION



**F**ruit is sweet and delicious and popular throughout the year. Some fruits are associated with the season when they're at their peak. We enjoy apples in the fall and they taste better at that time of year, too.

One fruit that's a staple of summertime meals and gatherings is watermelon. Its sweet taste and water content make its presence a must at cookouts and summer picnics. But did you know that it's also good for your health? It's time to learn about watermelon.

### THE HISTORY OF WATERMELON

Watermelon grows on a flowering, vine-like plant. Technically, it is neither a fruit nor a vegetable. Rather, it is a berry. It is characterized by sweet, juicy interior and a hard, outer rind. The rind may be eaten but is bitter when raw. Pickling is a common preparation for watermelon rinds. <sup>(1)</sup>

The precursor of the fruit we know as watermelon dates back approximately 5,000 years. It was indigenous to parts of Africa but over time, it spread first into the Mediterranean, then to other parts of Europe, and then to North and South America and Asia.

For a long time, it was believed that watermelon originated in southern Africa. However, more recent research has shown that the most likely origin of modern watermelon was in Northern Africa. That's because archaeologists have found watermelon seeds at a 5,000-year-old settlement in Libya.<sup>(2)</sup>

One reason that desert people cultivated watermelon (despite its original, bitter flavor) was that it could keep for months as long as it was in the shade. Its water content made it a good choice because it could provide hydration as well as nutritional sustenance.

Watermelon evolved from its early, bitter roots thanks to human intervention. There's evidence to suggest that desert dwellers used selective breeding to improve the flavor of watermelon. In its sweet, modern incarnation, it inspired author Mark Twain to say, "When one has tasted watermelon, he knows what the angels eat."<sup>(3)</sup>

Today, there are many varieties of watermelon. Some have yellow flesh, while some have the distinctive, pinkish-red hue that most of us associate with watermelon. Seedless varieties are also popular.

### WHAT YOU WILL LEARN IN THIS BOOK

The goal of this short eBook is to explain the health claims made about watermelon. Then, we'll look at the scientific research to see if those claims stand up to scrutiny. Watermelon has great nutritional value and the presence of essential micronutrients is what explains its health benefits and effects.

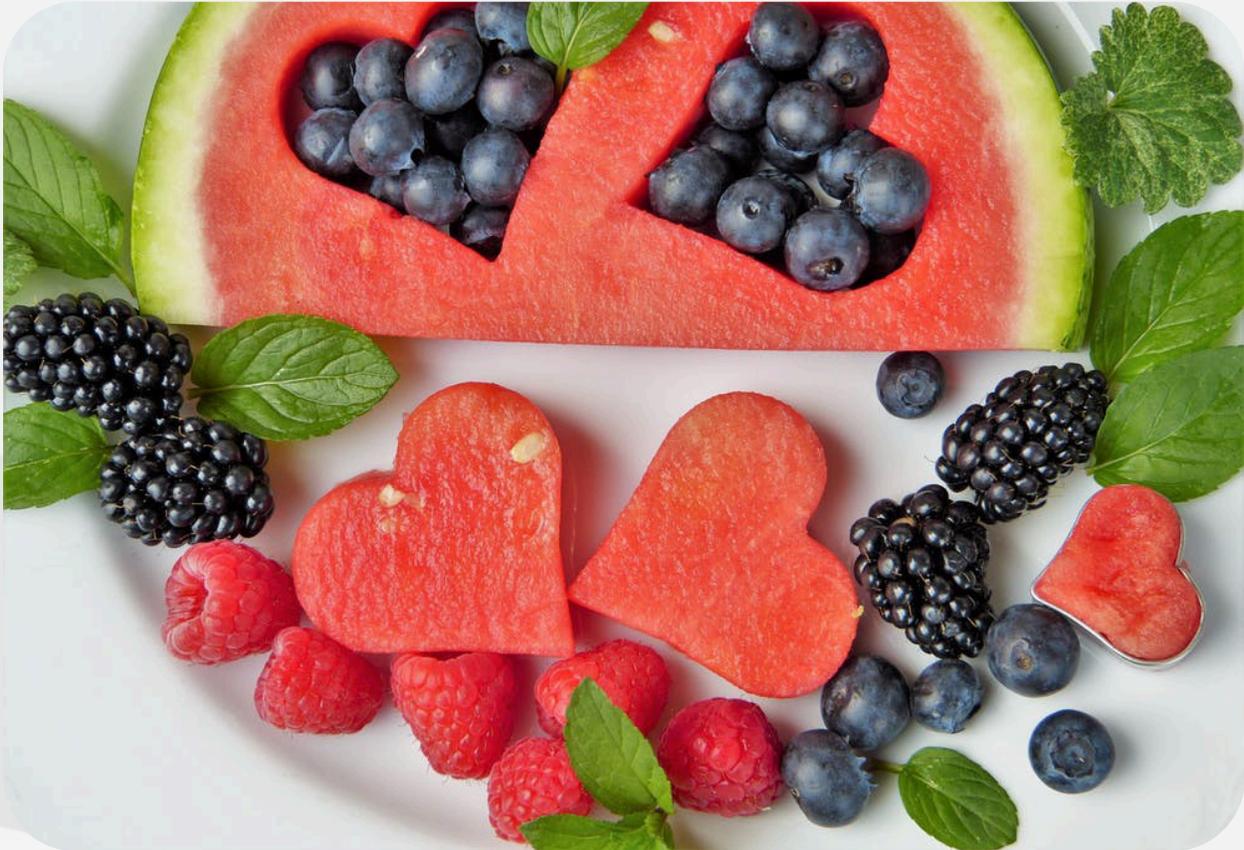
We'll also look at the pros and cons of adding watermelon to your diet. While all fruit has health benefits, there's no denying that its sugar content is an issue for some.

Finally, we'll reveal some of the other uses of watermelon. As is the case with many fruits and other foods, watermelon is often used as an ingredient in beauty products. We'll talk about what watermelon can do for your appearance as well as what it can do for your overall health.

By the time you've finished reading, you'll have a good understanding of watermelon and its benefits, so you can make an informed decision about whether to add it to your diet or beauty regimen.

Let's get started!

## HEALTH BENEFITS OF WATERMELON



Even a cursory glance at Google search results related to the health benefits of watermelon shows a laundry list of things that eating watermelon can do for you. In this chapter, we'll review those benefits and talk about what you can gain from eating watermelon.

### HYDRATION

Even though we know the dangers of not drinking enough water, dehydration is a common problem. Chronic dehydration can cause severe headaches, mental fog, fatigue, and even back pain.

Watermelons are 91.5% water. That means that eating some watermelon can provide your body with at least some of the water it needs. (4) If you're someone who doesn't enjoy drinking water, snacking on watermelon can provide an alternative – although you should be aware of the sugar content and moderate your intake accordingly.

## NUTRITIONAL BENEFITS

Good nutrition is essential to good health. Like most fruits, watermelon contains some important nutrients and eating it can ensure that you get what you need.

Watermelon is rich in the following nutrients: Vitamin C, potassium, magnesium, copper, Vitamin A, lycopene, citrulline, Vitamin B5, and Vitamin B6. <sup>(5)</sup> We'll talk more about what these nutrients do for your body later in the book.

## BOOSTED IMMUNITY

Your immune system is responsible for protecting your body against infections. If your immune system is compromised in any way, it can leave you vulnerable. You may end up getting sick frequently and viruses may last longer than they would if your immune system were strong.

One of the reasons that watermelon is good for you is that it is a rich source of lycopene. Lycopene has powerful anti-inflammatory properties that can reduce respiratory inflammation and make it easier for you to recover from cold and viruses. <sup>(6)</sup> It is also, as we mentioned before, a good source of Vitamin C, which plays an important role in your immune system.

## FIGHTS INFLAMMATION AND PREVENTS OXIDATIVE STRESS

Oxidative stress is a kind of cellular damage that occurs when your cells become inflamed. The affected cell loses an electron, at which point it becomes a free radical. It tries to steal an electron from another cell, creating a new free radical and setting off an inflammatory chain reaction.

In addition to preventing illness, the antioxidants in Vitamin C and lycopene can prevent or reduce other types of inflammation, including inflammation of the joints. <sup>(7)</sup>

## CARDIAC HEALTH

As previously mentioned, the lycopene and Vitamin C in watermelon both have antioxidant and anti-inflammatory properties. Since inflammation is a component of heart disease (inflamed blood vessels can lead to coronary atherosclerosis and contribute to high blood pressure), it stands to reason that adding watermelon to your diet can help protect your heart.

Another mineral that plays a role in protecting your heart is magnesium, which is also found in watermelon. All told, magnesium is involved in over 300 biochemical processes in your body. Among other things, it's responsible for regulating your heart rhythm, keeping your blood pressure under control, and maintaining arterial and vascular tone. <sup>(8)</sup>

### VISION

Watermelon is a good source of Vitamin A, which is one of the antioxidant vitamins. It also contains some beta carotene, a nutrient that is strongly associated with carrots but is present in many colorful fruits and vegetables.

The combination of these two nutrients means that eating watermelon can help to protect your sense of sight. Human eyes are complex organs. Vitamin A protects the sensitive surface of the eye, the cornea, from damage. Beta carotene can be converted into Vitamin A by the body. <sup>(9)</sup>

### DIGESTION

The human digestive system encompasses several organs, including the stomach, the liver, and the kidneys. The food you eat plays a direct role in the efficiency of your digestive system, including the regularity of your bowel movements and the health of your colon.

Watermelon doesn't contain a huge amount of fiber, but it does have some. Fiber helps to keep food moving through your digestive system. Watermelon's water content lubricates the stomach, intestines, and colon and can also play a role in preventing constipation. <sup>(10)</sup>

It is worth noting that eating too much watermelon can have an adverse effect on your digestion. If you overdo it, you may experience nausea, diarrhea, or bloating.

Now that you know the benefits of eating watermelon, it's time to dig a little deeper. In the next chapter, we'll talk about some of the specific health issues that watermelon has the potential to help you with.

## CAN WATERMELON HELP YOU STAY HEALTHY

We all want to stay healthy. At times, the nutritional advice available can be overwhelming. It can also be contradictory. It's not surprising that some people tune it out because they can't be bothered to sort through it all.

That said, it really is true that we are what we eat. If you put good food into your body, your health will be better than it would if you subsisted on a diet of junk food or eliminated an important nutrient. Adding watermelon to your diet isn't a miracle cure for anything, but in this chapter, we'll talk about some of the scientific research that shows how the nutrients in watermelon can support good health.

## CANCER PREVENTION

Each year, billions of dollars are spent on cancer research. While we have treatments for cancer, they are not always effective and, in some cases, may be worse than the disease.

In the last chapter, we mentioned that watermelon has a high lycopene content. Lycopene can play a role in preventing cancer cell proliferation.

One study compared the effects of pure lycopene, lycopene from papaya juice, and lycopene from watermelon juice on breast cancer cells. The researchers concluded that lycopene could inhibit the cell growth of certain types of breast cancer. For some types, watermelon was the most effective at preventing the spread of cancer cells.<sup>(11)</sup>

Another review found that lycopene could have a protective effect on the prostate gland and digestive tract, thus reducing the risk that cancers would develop in those areas.<sup>(12)</sup>

The takeaway here is that it's important to get enough lycopene in your diet. It may be especially important for women with a family history of breast cancer and men who are at risk for prostate cancer.

## LOWER BLOOD PRESSURE

High blood pressure is a risk factor for cardiovascular disease. People who have hypertension, or high blood pressure, are more likely to have heart attacks and strokes than people with normal blood pressure.

Here again, the hero is lycopene. A study from 2001 found a correlation between low blood serum lycopene levels and an increased risk of heart disease. Specifically, it concluded that taking a watermelon supplement reduced aortic blood pressure and myocardial oxygen demand. <sup>(13)</sup>

A study published in 2011 arrived at similar results. The researchers found that lycopene supplementation lowered the subjects' systolic blood pressure as well as lowering their cholesterol. <sup>(14)</sup>

### PREVENTION OF MACULAR DEGENERATION

Macular degeneration is a vision disorder commonly associated with age. It occurs when the macula, which is the central part of the retina, degenerates over time. <sup>(15)</sup> At the time of this writing, there is no cure for macular degeneration.

The good news is that the carotenoids in watermelon have a protective effect on the retina and macula and that may lower your chances of developing macular degeneration. A 1994 study found a direct correlation between carotenoid intake and the risk for macular degeneration. The patients with the highest carotenoid levels were 43% less likely to develop macular degeneration than those with the lowest levels. <sup>(16)</sup>

A 2007 study confirmed those results and noted that intake of Vitamins A and C also had a protective effect on the eyes. <sup>(17)</sup>

### DIABETES PREVENTION

Diabetes has turned into an epidemic worldwide. When the human body is unable to produce or use insulin, a hormone that regulates sugar uptake, then they may develop hyperglycemia or high blood sugar. If the problem becomes chronic, they may be diagnosed with diabetes.

The amino acid L-arginine plays an important role in your body's insulin response and it can be synthesized from some of the compounds in watermelon. A 2006 study found that patients with diabetes who took an L-arginine supplement had improved glucose uptake and insulin sensitivity when compared to the control group. <sup>(18)</sup>

A 2007 study came to a similar conclusion. Patients with type 2 diabetes who were given a supplement of L-arginine had lower blood sugar levels and less insulin resistance than patients who were given a placebo. However, the researchers did note that L-arginine alone was not sufficient to reverse their diabetes. <sup>(19)</sup>

## ERECTILE DYSFUNCTION

Erectile dysfunction becomes a problem for many men as they age. There's a correlation between ED and testosterone levels as well as with circulatory health.

A 2003 study gave men with erectile dysfunction a combination of nitrous oxide and L-arginine, both of which play a role in healthy erections. The treatments showed minimal results after one month. But, after two months, 80% of the subjects were experiencing normal erections. That number increased to 92% after three months.<sup>(20)</sup>

## KIDNEY HEALTH

Your kidneys are part of your body's detoxification system. They help to rid your body of toxins. Watermelon is important to kidney health for two reasons. The first is that hydration and kidney health are directly correlated – something that we talked about earlier in the book.

The second reason is that watermelon is a good source of both magnesium and potassium. These minerals play a role in helping your body to eliminate uric acid. Too much uric acid can cause a painful condition known as hyperuricemia.<sup>(21)</sup>

## WEIGHT LOSS

Finally, there's evidence to suggest that some of the nutrients in watermelon play a role in boosting your body's ability to burn fat and shed excess weight.

One study found that the L-arginine in watermelon helped to improve lipid (fat) metabolism.<sup>(22)</sup> And, as previously noted, adding watermelon to your diet can help improve your sensitivity to insulin, which can also help you to lose weight.

The bottom line is that there are many good reasons to add watermelon to your diet. In the next chapter, we'll talk about both the pros and cons of eating watermelon.

## PROS AND CONS OF WATERMELON



Watermelon is a rich source of nutrients, but there are some potential downsides to eating it as well. In this chapter, we'll talk about the pros and cons of adding watermelon to your diet, so you can make an informed decision about whether to eat it – and how much of it to eat.

### THE PROS OF EATING WATERMELON

Let's starting by listing the pros of eating watermelon. We've already covered most of what's included here, but here are the things you need to know:

1. Watermelon is more than 90% water and eating it can help you stay hydrated, keeping your skin and kidneys healthy.
2. The fiber in watermelon can help keep your digestive system healthy.
3. Watermelon is a rich source of lycopene, which can help to prevent cancer and reduce your risk of high blood pressure and cardiovascular disease.

4. Likewise, watermelon's L-arginine content can improve insulin sensitivity and reduce blood sugar levels, potentially decreasing your risk of getting diabetes.
5. The L-arginine in watermelon can help to prevent erectile dysfunction in men.
6. Watermelon is a good source of Vitamin A and carotenoids, which protect your eyes and may reduce your chances of developing macular degeneration.
7. The antioxidants in watermelon give your immune system a boost and may help you resist colds and viruses.

These pros are compelling and make it clear that, for many people, adding watermelon to their diet is a good idea.

### THE CONS OF EATING WATERMELON

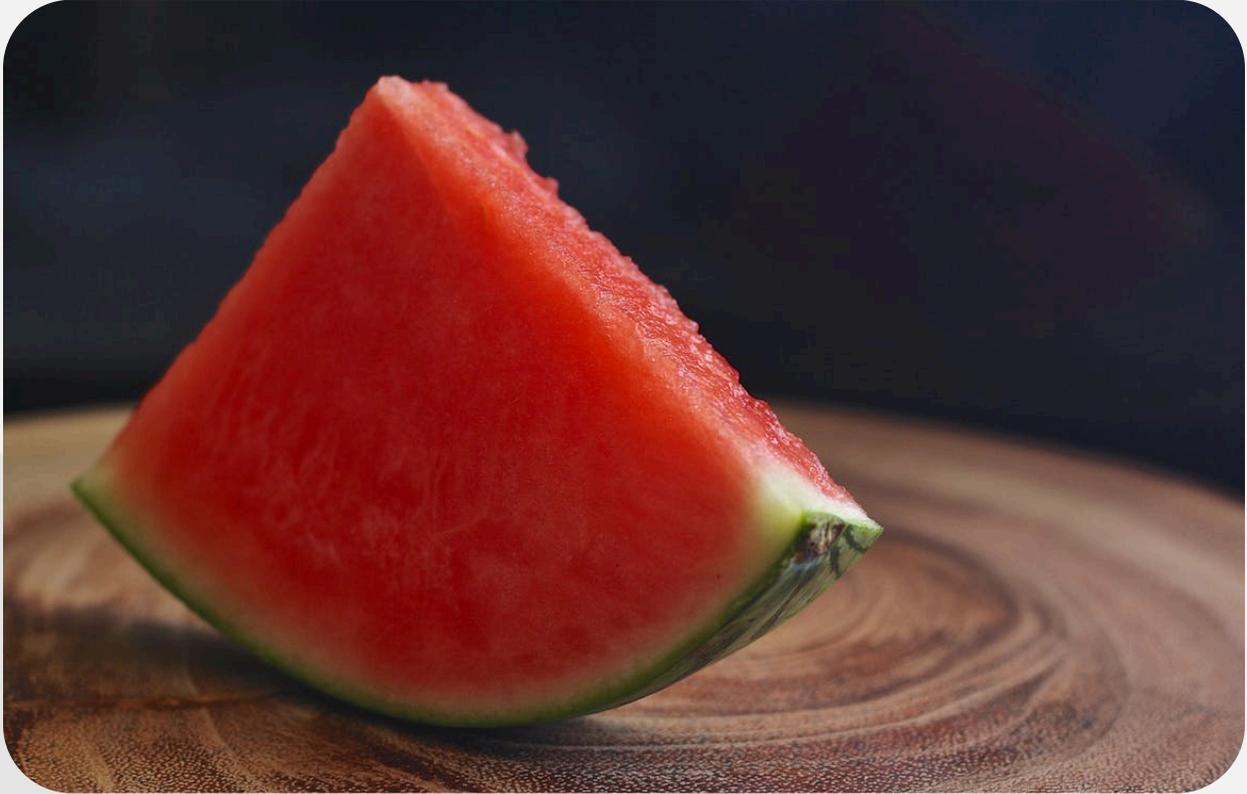
While watermelon is nutritious and delicious, there are some potential downsides to adding it to your diet. <sup>(23)</sup>

1. Eating too much watermelon can, as previously noted, cause diarrhea and nausea. Your body needs lycopene but getting too much is not good for you.
2. There's also a risk of developing a heart arrhythmia if you eat too much watermelon. Potassium regulates your heart rate. You would need to eat quite a lot of watermelon for it to have this effect but it's still something you should be aware of.
3. Watermelon is a sweet fruit and that means it contains a fair amount of fructose. When you eat fruit, your body converts the fructose to glucose and releases it into your blood stream. Watermelon is healthy to eat, but people with diabetes should be careful not to consume too much of it for this reason.
4. Finally, alcohol and watermelon do not mix. The lycopene in watermelon can react with alcohol and cause stress to your liver. If you are drinking heavily or are an alcoholic, be cautious about eating watermelon.

These downsides of eating watermelon may sound alarming. However, it's important to keep in mind that in most cases, you would need to eat a lot of watermelon for any of them to become a problem. Making watermelon part of a healthy, balanced diet should be safe for most people.

In the next and final chapter, we'll talk about some of the non-dietary uses of watermelon. Keep reading to learn more!

## OTHER USES FOR WATERMELON



Adding watermelon to your diet can boost your immune system. But many of the fruits and vegetables we enjoy eating also have other uses. For example, apple cider vinegar makes an excellent skin toner.

Is the same true of watermelon? In this chapter, we'll talk about how watermelon can improve the appearance of your skin and hair.

### WATERMELON AND SKIN CARE

Watermelon has become very popular as an ingredient in skin care products. Both the flesh of the fruit and an extract from the seeds can be used to improve the appearance of your skin, as well as the rind of the watermelon.<sup>(24)</sup>

An old home remedy to reduce redness and irritation of the skin was to rub watermelon rind on the affected areas.

The Vitamin A and Vitamin C in watermelon flesh can both help to ease irritation repair skin damage. That's because both vitamins, as we previously discussed, have powerful antioxidant properties. When you see dark spots on your skin, that's a sign that you have oxidative damage. Applying watermelon puree (or a skin product that contains watermelon) can help to fade the spots and repair the damage.

Watermelon seeds are a good source of Vitamin E, an essential vitamin for healthy skin. Products with watermelon seed oil in them can be useful for removing dark circles and replenishing collagen in your skin, among other things. <sup>(25)</sup>

Applying watermelon to your skin can also reduce the size of your pores and tighten your skin, giving you a more youthful appearance. <sup>(26)</sup> You can even use watermelon seed oil as an all-over moisturizer.

Finally, the lycopene in watermelon can protect your skin from sun damage, reducing the risk that you will get sunburned when you're outside. <sup>(27)</sup>

## WATERMELON AND HAIR CARE

Watermelon and products containing it can also be good for your hair. For example, watermelon seed oil is very light with a pleasant smell. It makes an effective hair conditioner and can repair dry and damaged hair. <sup>(28)</sup>

The Vitamin C in watermelon makes it a good choice if you want to promote hair growth and even prevent hair loss. Vitamin C helps your body to absorb something called non-heme iron, which is essential for hair growth.

Likewise, watermelon helps to promote collagen production, which is necessary for healthy hair. The L-arginine in watermelon stimulates circulation in the scalp, which can both prevent hair loss and promote hair growth.

## MASSAGE

As we mentioned earlier, watermelon seed oil is very light and absorbs easily into the skin. That makes it a good choice for a massage oil, especially when you consider the other benefits that it has for the skin. <sup>(29)</sup> Simply apply a small amount to the area being massaged and add more as needed.

As you can see, watermelon has many uses. Its nutritional content makes it a good addition to your diet provided that you don't overdo it. Likewise, its Vitamin A, Vitamin C, lycopene, and L-arginine content make it an excellent treatment to improve the health and appearance of your skin and hair.

## CONCLUSION

Thank you for reading *The Truth About Watermelon*! I hope you have found the information in this book to be useful and that you have a new appreciation for the health benefits of watermelon.

Watermelon can help boost your immune system, protect your heart, improve your digestion, and protect your body from diseases like cancer and diabetes.

It can also improve the appearance and health of your skin and hair – and it can even promote hair growth and prevent hair loss!

One of the nice things about watermelon is that it is versatile. Here are a few suggestions about how to add watermelon to your diet. <sup>(30)</sup>

1. Chill a watermelon, then slice and enjoy it on a hot summer day.
2. Puree watermelon and freeze it in an ice cube tray, then add it to iced tea, sparkling water, or a smoothie.
3. Grill watermelon either on an outdoor grill or a grill pan and enjoy it as a dessert with a drizzle of honey.
4. If you have a juicer, juice some watermelon and make watermelon agua fresca or watermelon popsicles.
5. Make a cold watermelon soup by pureeing it and mixing it with other fruits and a swirl of yogurt.
6. Add some chopped watermelon to your favorite salsa recipe.
7. Make fruit skewers with chunks of watermelon and other fruit alternated with your favorite cheese.

As you can see, there are many ways to enjoy watermelon and reap the health benefits it offers.

## CITATIONS

1. <http://www.vegetablefacts.net/vegetable-history/history-of-watermelon/>
2. <https://news.nationalgeographic.com/2015/08/150821-watermelon-fruit-history-agriculture/>
3. <https://www.foodandwine.com/lifestyle/ancient-history-watermelon>
4. <https://www.health.com/health/gallery/0,,20709014,00.html>
5. <https://www.healthline.com/nutrition/foods/watermelon#section3>
6. <https://www.everydayhealth.com/cold-flu-pictures/top-immune-boosting-foods-to-keep-you-healthy.aspx#09>
7. <https://foodfacts.mercola.com/watermelon.html>
8. <https://www.dr Sinatra.com/benefits-of-magnesium-supplements-for-heart-health>
9. [https://www.allaboutvision.com/nutrition/vitamin\\_a.htm](https://www.allaboutvision.com/nutrition/vitamin_a.htm)
10. <https://www.health.com/food/5-things-you-didnt-know-about-watermelon>
11. <http://www.docsdirect.com/pdfs/ansinet/jms/2002/55-58.pdf>
12. <https://europepmc.org/abstract/cba/351533>
13. <https://www.cambridge.org/core/journals/british-journal-of-nutrition/article/low-serum-lycopene-concentration-is-associated-with-an-excess-incidence-of-acute-coronary-events-and-stroke-the-kuopio-ischemic-heart-disease-risk-factor-study/F66E70FFDD8D34B4DEC8CFA5ABC8C09F>
14. <https://www.sciencedirect.com/science/article/pii/S0378512210004469>
15. <https://www.macular.org/what-macular-degeneration>
16. <https://jamanetwork.com/journals/jama/article-abstract/382145>
17. <http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.799.7559&rep=rep1&type=pdf>
18. <https://www.ncbi.nlm.nih.gov/pubmed/16772327>
19. <http://care.diabetesjournals.org/content/24/5/875.short>
20. <https://www.ncbi.nlm.nih.gov/pubmed/12851125>
21. [http://sciencepub.net/academia/aa0503/005\\_16957aa0503\\_36\\_41.pdf](http://sciencepub.net/academia/aa0503/005_16957aa0503_36_41.pdf)
22. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3422877/>
23. <https://www.curejoy.com/content/side-effects-of-watermelon/>
24. <https://www.brit.co/watermelon-skincare-ingredient-benefits/>
25. <https://beautymunsta.com/beauty-benefits-of-watermelon-seed-oil-for-skin-hair/>

26. <https://www.faithinnature.co.uk/article/7-benefits-of-watermelon-for-hair-skin.aspx>
27. <https://www.curejoy.com/content/benefits-of-watermelon-for-skin/>
28. <https://www.faithinnature.co.uk/article/7-benefits-of-watermelon-for-hair-skin.aspx>
29. <https://beautymunsta.com/beauty-benefits-of-watermelon-seed-oil-for-skin-hair/>
30. <https://health.usnews.com/health-news/blogs/eat-run/2014/06/27/20-ways-to-use-watermelon>