

Info shared by Pitbull SA.

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Guava leaves.

Guava leaves are worthy of so much attention since they offer an abundance of health benefits.

They are high in vitamins A and C, potassium, healthy fiber and lycopene.

Relieve itching caused by allergies / insect bites - apply crushed guava leaves onto affected areas.

Aid against hair loss when boiled and allowed to cool on room temperature.

Gently massage your dog's skin to stop any further hair loss.

Stops carbohydrates from turning into sugar and thus suppresses appetite.

This will also help to reduce weight.

Guava leaf tea is also great for upset stomach and provides a great help in cases of food poisoning.

This tea is also effective in the treatment of diarrhea and dysentery since it provides strong antimicrobial properties.

Effective in treating enlarged prostate and cancer.

High in vitamin C.

In order to prevent infections, apply crushed guava leaves on minor bites, cuts, scrapes or abrasion.

Prepare a tea to relieve outer ear infection.

Leave the tea to cool and then drop some of it in on the affected area.

Very beneficial as it reduces blood sugar level and does not stimulate insulin secretion.