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## Superfruit 101: 11 Things to Know About Dragon Fruit



“Superfruits” have commanded the attention of health enthusiasts for many years. Due to their numerous health and beauty benefits, we’ve taken a closer look at these new “health heroes” to determine just how powerful they really are.

**Discovered in Central America centuries ago, the dragon fruit, aka pitaya, is a night-flowering cactus plant that originated in Mexico and South Africa. “It is**

now being commercially grown in Asia, where it is widely considered an amazing ingredient for overall health and beauty,” says nutritionist Franci Cohen.

### **1. What Does it Taste Like?**

The flavor is mildly sweet, with a taste similar to melon or kiwi. Some have described it as having an earthy-strawberry flavor.

### **2. Good For**

A healthy heart, youthful skin and good digestion

### **3. Internal Benefits**

Promotes Heart Health The seeds contain omega-3 fatty acids that keep the heart healthy and reduce risk for heart disease.

### **4. Supplies Antioxidant Protection**

“Vitamin C strengthens the immune system, eye health and more,” says celebrity nutritionist Paula Simpson.

### **5. Aids in Digestion**

Rich in fiber, “the dragon fruit helps improve digestive systems and IBS by removing toxins,” adds Cohen.

### **6. Transports Minerals**

Calcium strengthens bones and teeth, and phosphorus speeds up the healing of bruises and wounds.

### **7. Did You Know?**

The Asian variety of the fruit tends to be very white on the inside, whereas the Central American breed is usually a dark red or magenta color, which carries more nutrients.

### **8. Topical Benefits**

#### **Helps Prevent and Treat Acne**

Blend dragon fruit with water to form a paste that can soothe acne and help prevent future breakouts.

### **9. Counteracts Aging**

Rich in beta-carotene, dragon fruit can reduce free-radical damage that causes

premature skin aging.

#### **10. Transforms Dull, Dry Skin**

“It’s chock-full of vitamin B3, which is ideal for hydrating and brightening skin,” says Simpson.

#### **11. Protects From UV Rays**

The juice contains phytofluene and phytoene—molecules that work to naturally curb the hyperpigmentation process and absorb UV light to protect skin.