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Prickly Pear Cactus:
Lowering
Uses, Side Effects,
Interactions ...

Until then, medical providers can discuss Opuntia ' s natural hypoglycemic effects with patients to help reduce progression of chronic disease.

Background: The rise of chronic diseases such as diabetes, cardiovascular

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disease, and obesity has become a great concern in the medical community.

Cactus: a medicinal food - PubMed Central (PMC)
Opuntia is the largest genus in the cactus family. You will recognize most by their classic "prickly pear" appearance.

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Growing Opuntia in
gardens adds desert
appeal and unique
flora to the landscape.
Learn more about the
plants in this article.

The effect of cactus
pear (*Opuntia ficus-*
indica) on body ...
Opuntia, genus of
150–180 species of
flat-jointed cacti
(family Cactaceae)

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native to the New World. Several species of prickly pear are cultivated for their edible fruits and paddles. Learn more about the genus Opuntia, including its geographical range, physical characteristics, and notable species.

Online Library The Effects Of Opuntia Cactaceae On Lowering Complementing Opuntia Cactaceae in

...

Side Effects Of
Opuntia It can cause
upset stomach,
diarrhoea, bloating,
and headache in some
cases. In some
individuals, it can
cause allergic
reactions resulting in
nasal inflammation or
asthma [13].

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Opuntia polyacantha -
fs.fed.us

Opuntia spp. can be problematic in pastures grazed by domestic sheep and goats. The spines can cause bacterial infection in the mouth and intestinal tract, and the seeds can cause rumen impaction [80].

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The effect of cactus pear (Opuntia ficus-indica) on body ...
Even though this fruit may propose a variety of health benefits, it is also accompanied by side effects that need to be considered. Some people may suffer from side effects such as diarrhea, bloating,

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nausea and headache.

Also, due to its hypoglycemic action, prickly pear must be avoided by those on anti-diabetic medication.

Opuntia ficus-indica -
Wikipedia

Cactus leaves can be well tolerated by the body, however some few cases reported

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that they can cause mild diarrhea, nausea, stomach fullness, headache, increased stool volume and frequency, and low colonic obstruction.

Opuntia - an overview | ScienceDirect Topics
Cactus pears from Opuntia stricta are considered as a potential source

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natural red colourants (Casteller et al. 2003). A study about the use of prickly pear cactus mucilage as an edible coating to extend the shelf life of strawberries revealed that use of mucilage coatings leads to increased strawberry shelf life (Del-Valle et al. 2005).

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The Effects Of Opuntia Cactaceae
In some people, prickly pear cactus can cause some minor side effects including diarrhea, nausea, increased amount and frequency of stool, bloating, and headache. In rare

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cases, eating large amounts of prickly pear cactus fruits can cause a blockage in the lower intestines.

Opuntia | Description, Distribution, & Species | Britannica

This insect, a primarily sessile parasite, lives on cacti from the genus Opuntia, feeding on

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moisture and nutrients in the cactus sap. The insect produces carminic acid , which deters predation by other insects.

Fantastic Health Benefits Of Opuntia (Prickly Pears ...
The aim of this review is to identify the effects of Opuntia

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spp. cacti
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consumption on
biomedical measures;
glucose and insulin
with consideration of
its ' components;
fruit, leaf and
combined or ...

(PDF) The effect of
cactus pear (Opuntia
ficus-indica) on ...

The effect of cactus
pear (Opuntia ficus-

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indica) on body
weight and

cardiovascular risk
factors: a systematic
review and meta-
analysis of
randomized clinical
trials. Onakpoya IJ(1),
O'Sullivan J(2),
Heneghan CJ(3).

Opuntia - Wikipedia
The most common
form of Nopal used in

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the studies was the broiled stem of

Opuntia

streptacantha given as a 100–500 g

daily dose. Nopal

should be avoided in pregnant and nursing women and in people with kidney disease.

Side effects may include abdominal bloating, diarrhea, and nausea.

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"The Effects of Opuntia (Cactaceae) on Lowering ...
One such supplement being touted as having an antiobesity effect is the cactus pear, Opuntia ficus-indica (OFI). OFI is a domesticated cactus plant that has been an important part of agricultural

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economies in the arid and semiarid regions of the world .

Growing Opuntia Cacti - Learn About Types Of Opuntia In

...

Cardenas Medellin ML, Serna Saldivar SO, Velazco de la Garza J. Effect of raw and cooked nopal (*Opuntia ficus indica*)

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ingestion on growth
and profile of total
cholesterol,
lipoproteins, and
blood glucose in rats
[in Spanish].

Prickly Pear (Opuntia)
| Health Benefits and
Side Effects ...
of saturated fats and
low intake of dietary
fiber. Opuntia
Cactaceae contains

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high levels of fiber, which is known to decrease intestinal absorption of lipids. The objective of this study is to determine the lipid- lowering effect of a normal- calorie diet supplemented with Opuntia Cactaceae in patients with dyslipidemia.

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Prickly Pear Uses,
Benefits & Dosage -
Drugs.com Herbal ...
Opuntia ficus-indica
(prickly pear) is a
species of cactus that
has long been a
domesticated crop
plant grown in
agricultural
economies
throughout arid and
semiarid parts of the
world. Likely having

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originated in Mexico, O. ficus-indica is the most widespread and most commercially important cactus.

Opuntia humifusa -
fs.fed.us

The broiled stems of one prickly pear cactus species (Opuntia streptacantha) seem to lower blood sugar

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Lowering levels in people who have type 2 diabetes.

However, raw or crude stems of this species do not seem to work. Other prickly pear cactus species don't seem to work either. Hangover.

Taking prickly pear cactus before drinking alcohol might reduce some symptoms of

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hangover the next
day.

41 Proven Health
Benefits of Cactus
Leaves ...

Opuntia polyacantha
var. arenaria - in
sandy soils near the
Rio Grande of
southeastern New
Mexico, extreme
western Texas, and
northern Chihuahua

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Opuntia polyacantha
var. erinacea -

Arizona Opuntia
polyacantha var.

hysricina - eastern
Utah and western

Colorado Opuntia
polyacantha var.

nicholii - Arizona and
New Mexico

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[f701fc65272af4ae71](https://doi.org/10.1111/1365-3113.12711)

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