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Jerusalem artichoke is a tuberous plant belonging to the sunflower genus, belonging to the class of perennial plants, has a straight thin stem reaching a height of three to four meters, and stiff rough leaves. The sturdy stem of the plant is able to withstand strong winds. Elongated tubers with different colors are attached to the rhizomes of Jerusalem artichoke. Raw Jerusalem artichoke has a sweet taste, vaguely reminiscent of the taste of nuts. The heat-treated root vegetable tastes like mushrooms.

The composition and properties of Jerusalem artichoke.

Proteins: contribute to the build-up of muscle mass; regulate the hormonal background; transport hemoglobin; enhance immunity; improve erectile function; participate in the synthesis of insulin; prevent the development of fatty liver infiltration. The proteins contained in Jerusalem artichoke are represented by 16 amino acids, half of which are not produced in the human body.

Ash: relieves inflammation; accelerates the healing process of wounds; slows down the process of blood clotting; ensures the dissolution of intravascular thrombi.

Potassium: regulation of metabolism; normalization of water balance; elimination of puffiness; strengthening of the heart muscle; relieving spasms; normalization of pressure.

Calcium: normalization of blood pressure indicators; activation muscular work of the heart; elimination of toxins and toxins.

Magnesium: normalization of the central nervous system; strengthening of the heart, capillaries, blood vessels; elimination of toxins; normalization of the gastrointestinal tract; elimination of inflammation; strengthening of the skeleton.

Sodium: normalization of water-salt metabolism; maintenance of blood and lymph in the so-called "working" state; maintenance of acid-base balance; ensuring the contraction of skeletal muscles, as well as myocardium.

Iron: increases immunity; promotes the formation of red blood cells; ensuring the synthesis of thyroid hormones; neutralization of pathogenic bacteria.

Phosphorus: providing energy metabolism; activating physical and mental activity; strengthening bones; normalization of the heart and kidneys.

Copper: activation of anabolic processes; enhancement of the hematopoiesis process; neutralization of the negative effects of free radicals on the body; strengthening of bones.

Silicon: ensuring the mineralization of bone tissue; participation in the functioning of the blood coagulation system; participation in the construction of both epithelial and nerve cells; improvement of bone tissue; prevention of the formation of urinary stones.

Zinc: providing insulin synthesis; stimulating mental activity; activation of the bone formation process; acceleration of wound healing; stimulation of the reproductive system functions. Fatty acids: normalization of all metabolic processes; ensuring the normal construction of membranes forming the skeleton of cells.

Organic acids: prevent the deposition of uric acid salts in the joints; improve the digestive process by increasing the secretory function of the salivary glands, increasing bile secretion and activating the motor function of the intestine.

Carbohydrates are the main source of energy for humans. Without carbohydrates, the normal metabolic process is impossible, and, consequently, the proper functioning of all body systems. Carbohydrates of vegetable origin contained in Jerusalem artichoke normalize the concentration of sugar in the blood, strengthen the immune system, prevent the deposition of fat in liver cells, thereby eliminating the development of fatty degeneration of the liver, entailing a violation of all functions of this organ. Carbohydrate deficiency can lead to disruption of metabolic processes associated with accelerated formation of ketones (for example, acetone), excessive the number of which can provoke poisoning of brain tissues. Jerusalem artichoke is rich in carbohydrates: for example, 77 percent of the root vegetable consists of the carbohydrate inulin, which is converted into fructose during prolonged storage. Inulin consists of 95 percent natural fructose, which (unlike glucose), firstly, penetrates into cells without any involvement of insulin, and secondly, replaces glucose in metabolic processes that occur in the human body. Therefore, jerusalem artichoke and preparations based on it are indicated for people suffering from diabetes mellitus. In general, jerusalem artichoke has a choleric; sedative; antioxidant effect; hepatoprotective; anti-inflammatory; immunomodulatory; adsorbing; restorative; antibacterial; antiviral; hemostatic; antitumor; astringent; wound healing; regenerating; antidiabetic; antisclerotic; diuretic; analgesic effect.

Jerusalem artichoke is an absolutely safe plant that can harm the body only if there is an individual intolerance. It is worth noting that jerusalem artichoke in its raw form can cause flatulence. Fortunately, this is the only way to exhaust all the contraindications of this plant. Of course, as with the use of any other products, you need to remember the saying that everything is good in moderation.

Conclusion. Jerusalem artichoke has many useful properties and can help to cope with many diseases. The main thing is to use it regularly, but in moderation.