

## Pomegranate: A Natural Pharmacy In A Single Fruit

**Did you know that it's juice is so packed with antioxidants for optimal health, that it...**

- may help significantly in reducing the symptoms of arthritis?
- is proven to boost fertility, increase your immunity against diseases like swine flu, and prevent many types of cancer?

In fact the fruit and juice is recognized to be a key to preventing the horrible terminal diseases that have yet to be eliminated like leukemia, breast cancer, and prostate cancer.

Bet you didn't know these amazing facts about it's fruit and juice!

Scientists and researchers are fascinated with this incredibly healthy and beneficial fruit! There is ongoing research into how this softball sized fruit can be used to it's greatest potential to prevent heart disease, lower high blood pressure, and much more!

**Guess what else?**

- The fruit and juice are bursting with the most powerful antioxidants of any other fruit or juice!
- The fruit and juice could lower your high blood pressure and cholesterol levels!
- This fruit is safe and healthy for your heart!
- The fruit and its juice may prevent a stroke!
- It shines light into the darkness of Alzheimer's disease!
- It's natural sugars could also be something sweet and safe for diabetics!
- It may help in the area of hot flashes, menopause and bone loss!
- This juice is even important for strong teeth!
- You can easily make delicious fresh-squeezed juice in your own kitchen!
- The fruit and juice are delicious additions to all your recipes!

You'll want to know more about how you can benefit from them when you find out the facts!

**Did you know that they...**

- are one of the only fruits that may keep your skin looking young and wrinkle free if you eat them regularly?

Who doesn't want to look younger and enjoy smooth beautiful skin, especially in the golden years? Everyone will think you're ten years younger than you really are and you won't have to worry about resorting to unsafe products for your skin.

**Here is another juicy tidbit for you. Did you know that pomegranates....**

- are delicious, tangy, and light up your taste buds when you eat them?
- have an unmistakably perfumed and yummy taste?

These amazing little seeds, or arils as they are also called, are perfectly suited for juicing or eating whole on salads, yogurt, or as a topping on any other food you love.

# 11 Health Benefits of Pomegranate Juice

Pomegranate juice has become popular in the past few years, but does it really live up to the hype? It looks like it.

Several recent studies have shown significant potential health benefits from drinking pomegranate juice. Here are eleven:



## **Fights Breast Cancer**

Studies in Israel show that pomegranate juice destroys breast cancer cells while leaving healthy cells alone. It may also prevent breast cancer cells from forming.

## **Lung Cancer Prevention**

Studies in mice show that pomegranate juice may inhibit the development of lung cancer.

## **Slows Prostate Cancer**

It slowed the growth of prostate cancer in mice.

## **Keeps PSA Levels Stable**

In a study of 50 men who had undergone treatment for prostate cancer, 8 ounces of pomegranate juice per day kept PSA levels stable, reducing the need for further treatment such as chemotherapy or hormone therapy.

## **Protects the Neonatal Brain**

Studies show that maternal consumption of pomegranate juice may protect the neonatal brain from damage after injury.

## **Prevention of Osteoarthritis**

Several studies indicate that pomegranate juice may prevent cartilage deterioration.

## **Protects the Arteries**

It prevents plaque from building up in the arteries and may reverse previous plaque buildup.

**Alzheimer's Disease Prevention** It may prevent and slow Alzheimer's disease. In one study, mice bred to develop Alzheimer's disease were given pomegranate juice. They accumulated significantly less amyloid plaque than control mice and they performed mental tasks better.

### **Lowers Cholesterol**

It lowers LDL (bad cholesterol) and raises HDL (good cholesterol).

### **Lowers Blood Pressure**

One study showed that drinking 1.7 ounces of pomegranate juice per day lowered systolic blood pressure by as much as 5 percent.

### **Dental Protection**

Research suggests that drinking pomegranate juice may be a natural way to prevent dental plaque.