

# Wild About Pomegranates



I have always been fascinated by the pomegranate. As a younger woman I walked past a tree and was in awe of what I saw – a few of the pomegranates had split open and there on the tree were these magnificent growths. It wasn't until five years ago that I started really looking into the benefits of the fruit I used to buy to just look at in my home. Recently, I planted a pomegranate tree and cannot wait for the springtime... For thousands of years, many cultures have believed in the various benefits of the pomegranates for health, fertility, longevity and rebirth. Pomegranates even have their stage in Greek mythology, reminding us that it was Persephone who consumed the Pomegranate seeds which forced her to return to the underworld for a season each year and so gives rise to the story of the seasons.

## *The amazing health gifts the pomegranate gives us:*

Did you know pomegranates provide:

- A healthy supply of antioxidants
- The capacity to reduce inflammation
- Assistance in regulating hormones of menopausal women
- Assistance in reducing high blood pressure
- Assistance in reducing cholesterol
- Assistance in abdominal obesity
- Assistance in balancing acidity within the system
- A boost in the effectiveness of antibiotics
- Protection of the nervous system
- Assistance during a bout of diarrhoea
- Assistance during hot flushes
- Assistance in overcoming insomnia
- Assistance in overcoming mood swings
- Assistance with night sweats

I have been so very fascinated by this fruit, and even more so since discovering its pronounced benefits in Women's Health. Recent research suggests that the pomegranate, rich in flavonoids, may also be effective in treating, and possibly even preventing, breast cancer. The latest find-

ings also indicate its assistance in overcoming depression and bone loss which has been associated with menopause over the years. Dr. Newman & Dr. Lansky who have spent many years researching the benefits of this amazing fruit inform us in their writings that "...phytoestrogens from pomegranate seeds have shown to reduce some of the symptoms of menopause through gentle, mild stimulation of oestrogen receptors – hormone receptors that, following menopause, lose effectiveness". This is extremely promising and I trust that you will never look at a pomegranate in the same way again. It is a fruit that has recently made its way into many products we use often. The other day I noticed that even a brand of yoghurt and a range of juices now include pomegranate!

Studies from around the world are suggesting that pomegranate seed oil is a natural anti-inflammatory and antimicrobial compound. In the last six months I have noticed that more and more of the leading skin care companies have included the pomegranate seed oil within their creams and make up. How thrilled am I to have started using a lip balm that is made with organic pomegranate seed oil; my lips have never felt better and my cuticles look fantastic. Over the last three months I have been using pomegranate oil blended in citrus and almond oil, and it is amazing how soft my skin feels. I've had a few compliments lately and wondered if it was due to the pomegranate oil...

I ask my clients to drink at least 60 mls of pomegranate juice daily, blended in water or added to their daily smoothie if it is too strong for their taste buds. My pomegranate smoothie is blended with 60mls of pomegranate juice, 2 tablespoons of flaxseed oil, 2 tablespoons of yoghurt, 1 tablespoon of flaxseed flakes, 1 teaspoon of bee pollen, ½ cup berries.

Pomegranate juice is affordable and can be used as part of the regular food that comes into your home weekly. Finally we can all benefit from the wonderful fruit that has lived through the centuries.

Be Well Be Healthy Be Free in all that you do....embrace the gift nature brings to us through the pomegranate... **40**

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