

POMEGRANATE

JUICE

TIPS

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Introduction

In the past few years, pomegranate juice has become a popular health adjunct; however, is it any good?

Yes, several recent studies have shown significant potential health benefits from drinking pomegranate juice.

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Health Benefits of Pomegranate Juice

The health benefits of pomegranate Juice include:

- **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.
- **Dental Protection** - Research suggests that drinking pomegranate juice may be a natural way to prevent dental plaque.
- **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.
- **Keeps PSA (Prostatic Specific Antigen) Levels Stable** - In a study of 50 men who had undergone treatment for prostate cancer, 285 ml of pomegranate juice per day kept PSA

levels stable, reducing the need for further treatment such as chemotherapy or hormone therapy.

- **Lowers Blood Pressure** - One study showed that drinking 65 ml of pomegranate juice per day lowered systolic blood pressure by as much as 5 per cent.
- **Lowers Cholesterol** - Pomegranate juice lowers LDL (bad) cholesterol and raises HDL (good) cholesterol.
- **Lung Cancer Prevention** - Studies in mice show that pomegranate juice may inhibit the development of lung cancer.
- **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 build-up.
- **Protects the Neonatal Brain** - Studies show that maternal consumption of pomegranate juice may protect the neonatal brain from damage after injury.
- **Slows Prostate Cancer** - Pomegranate juice slowed the growth of prostate cancer in mice.

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