

Pomegranate



Health Benefits of Pomegranate Juice

1) Improves Heart Health

Pomegranate juice can have a great impact on health, particularly on the health of the heart, by keeping the arteries flexible and decreasing the inflammation in the lining of the blood vessels.

2) Lower Blood Pressure

Pomegranates are also known to reduce high blood pressure. The juice reduces lesions and the inflammation of blood vessels in heart patients. It is a natural aspirin, which keeps the blood from coagulating and forming blood clots. It even acts as a blood thinner allowing for an unrestricted flow of blood through the body.

3) Reduce Risk of Cancer

Pomegranate juice eliminates free radicals from the body and inhibits the growth and development of cancer and other diseases. Its high contents of anti-oxidants stimulate the white blood cells to neutralise toxins in the body thereby promoting a strong and healthy immune system.

4) Boosts Immunity System

Pomegranate juice has strong anti-bacterial and anti-microbial properties which help fight viruses and bacteria and boost our immunity system (8). It significantly reduces microbes that are found in the mouth commonly responsible for cavities and staph infections



5) Excellent Anti Aging Agent

A diet high in pomegranate juice can help to slow down the process of ageing by reducing wrinkles and fine lines caused by constant exposure to sun. It also helps to sustain the regeneration of the skin cells and prevents hyper pigmentation and occurrence of dark spots.

6) Improves Skin Texture

Pomegranate is also very useful for lightening the skin tone. Drinking a glass of pomegranate juice daily gives a fair and glowing skin tone.

7) Prevents Hair Fall

Drinking pomegranate juice regularly strengthens the hair follicles which in turn prevent hair fall, thus giving the hair a healthy and lustrous appearance.

8) Helps in Digestion

Pomegranate juice aids in the smooth functioning of the stomach, heart and liver. This juice induces hunger and can even control thirst. Therefore it is a great choice of drink during summers. The high amount of dietary fibre, both soluble and insoluble in pomegranate juice helps to improve digestion and regulate bowel movement. Since it has no saturated fats or cholesterol, it is highly recommended for those aiming to lose weight.

