Extra Powerful Pomegranate

Pomegranates (Punica granatum) have been revered by cultures both ancient and modern, from the Mediterranean to India and China. They’re even mentioned in the Old Testament, being a featured decorative motif in the temple of King Solomon. Pomegranate trees were one of the first to be cultivated, dating back as far as 3,000 BC. Their popularity ensured their success, and soon they spread throughout the Middle East from their beginnings further north, probably near the Caucasus region along northern Turkey, Iraq, and Iran.

Although officially considered a berry, the large dark-red fruits of pomegranate are complex. Slice one open and you’ll see a host of smaller fleshy seeds called “arils” that are rich in pomegranate juice. They can be messy, but the fruits are worth it. They are delicious tasting and provide high levels of vitamin C in addition to their already impressive levels of anthocyanins and catechins.

The fruit has become popular in recent years, especially as a juice ingredient, and with good reason. Clinical and scientific research shows this amazingly strong antioxidant supports the cardiovascular system, reduces inflammation, protects joint cartilage, and for individuals with diabetes, raises levels of glutathione (the body’s own natural antioxidant) by 141%. Additionally, pomegranate has been shown to alleviate symptoms of depression and bone loss associated with menopause.

And while pomegranate juice has become a huge hit, there is an easier, more convenient way to get the amazing power of pomegranate. It is a special combination of pomegranate seed extract and seed oil, and it is the subject of this Terry Talks Nutrition®.

Breast Cancer
For women’s health – specifically breast cancer – pomegranate has emerged as a very strong natural therapeutic agent. It is a powerful tumor inhibitor. If you have a history of breast cancer in your family or have concerns about it yourself, a blend of pomegranate seed oil and seed extract is a must.

Polyphenols, a very broad class of compounds that includes tannins and flavonoids, are natural chemicals that are found in the skins and seeds of many plants. Polyphenols from fermented and fresh pomegranate juice were tested against breast cancer cell lines in vitro. Interestingly, polyphenols from fermented juice showed twice the antiproliferative effect as fresh juice. But, in another study, pomegranate seed oil showed a 90% inhibition of MCF-7 breast cancer cells. Other tests have shown similar results – pomegranate oil and fermented pomegranate juice seem to have the strongest effects on breast cancer cell growth.

Of course, fermented pomegranate juice may not be very convenient. But a strong supplemental extract from pomegranate seed oil is a great way to guarantee that you’re getting a consistent amount at therapeutic levels that can make a difference.

Prostate Cancer
In a clinical study, men with increased levels of prostate-specific antigen (PSA) consumed 8 ounces of pomegranate juice daily. The levels of PSA are used as a way of determining whether or not previous prostate cancer treatment had been effective. The faster the rise of PSA levels, the faster the progression of the cancer. Researchers look at how long it takes for the PSA levels to double as a way of checking the progress – or lack of progress – of the cancer. By the completion of the main phase of the study (2 years), PSA levels declined in 35% of the patients and 2 percent of the patients showed a 50% decline in PSA levels. The men who continued to drink pomegranate juice daily after the study continued to see lower PSA levels.

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TERRY’S BOTTOM LINE:
If you’re looking for a concentrated “super food” ingredient that can do almost anything, high-ORAC pomegranate extract is the one.

Pomegranate seed oil combined with pomegranate seed extract supports many aspects of our health:
• Reduction of cancer risk – colon, breast, prostate
• Antioxidant protection
• Inhibits tumor formation
• Promotes healthy aging
• Prevents arthritis
• Stops inflammation
• Keeps arteries open
• Boosts the immune system

Here is the formula I suggest:

Proprietary Blend Containing Organic Pomegranate (Punica granatum) Seed Oil by Supercritical extraction standardized to contain > 60% punicic acid, Pomegranate (Punica granatum) Seed Extract standardized for > 60% polyphenols

I think findings like this show how vitally important it is for men to consider pomegranate – either in food or supplement form. Prostate cancer is the second-leading cause of cancer death for men in the United States after lung cancer, and having a natural fighter like this in your corner is too good of an opportunity to pass up.

More...
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Colon Cancer:
Pomegranate seed oil has shown great hope for dealing with colon cancer as well. In laboratory studies, the nutrient-rich oil reduced colon cancer activity by enhancing a protective protein, PPAR-gamma (peroxisome proliferator-activated receptor gamma).

The punicic acid in pomegranate seed oil converts to an active compound in conjugated linoleic acid (CLA), which is already known for its ability to reduce tumors. Interestingly, the oil was very effective even at low doses.

Strong Antioxidant Power
ORAC (Oxygen Radical Absorbance Capacity) values are typically presented as a way of determining the amount of free-radical fighting power in a given fruit or vegetable. While there’s no way of duplicating the complex structure and synergy of a food, there are improved ways of taking some of the best components of fruits and vegetables and concentrating them to the point where you see extremely high ORAC values. The pomegranate extract I recommend has a very high ORAC value – 13,000 per gram – higher than any others I’ve seen! Blueberries, for example, have an ORAC value of only 60 per gram.

Pomegranate’s free-radical fighting power is a must for keeping skin looking younger and more vibrant. Photo-aging and thickening of the skin can add years to your appearance. Laboratory studies of pomegranate have been very positive, and show that it can protect against skin-damaging UV radiation and promote wound healing. It inhibits the carcinogens created by UV damage, so it’s very possible that pomegranate helps prevent skin cancer.

Oxidative Stress and the Heart
Oxidative stress plays a role in our immune system function as well. The more stressed or inflamed our systems are, the less they can respond to threats. So whether you’re concerned about immune function and cancer prevention or preventing colds and flus, pomegranate should be at the top of your list.

Of course, preventing free radical damage isn’t just about keeping healthy skin. Oxidative stress can cause heart and artery damaging inflammation and lead to heart disease. There was a time when heart disease was typically considered a “man’s disease”, but the fact is, more women than men die from heart disease every year.

Pomegranate has been shown to decrease LDL cholesterol aggregation, lower blood pressure, and boost the activity of enzymes that protect LDL from oxidation. This is good news for anyone, but especially to women nearing or in menopause who may have heart concerns as well.

Joint and Cartilage Support
Beyond its value as a cellular health defender and antioxidant, pomegranate can prevent arthritis, acting as an anti-inflammatory and preventing damage to cartilage and joint structure. In one laboratory study, pomegranate was shown to delay the onset and even reduce the incidence of collagen-induced arthritis, which is used as a model of rheumatoid arthritis.

In other laboratory research, pomegranate extract protected joints in two ways: it prevented inflammation to chondrocytes (the cells that make up cartilage) by inhibiting interleukin (IL-1ß), a pro-inflammatory protein; and it inhibited a group of enzymes called matrix metalloproteinases (MMPs) that can destroy cartilage between the joints in cases of osteoarthritis – usually induced by IL-1ß.

By reducing inflammation, not only does pomegranate help preserve the synovial fluid and the cushioning cartilage, it may help stop the pain of rheumatoid arthritis by keeping these structures sound. Combined, these attributes of pomegranate make it much easier for someone to keep an exercise regimen that reduces stress, helps retain flexibility and balance, and helps build bone.

Antibacterial Power
While bacteria-fighting has become a primary battle around many households, the fact is, most conventional efforts aren’t very effective. However, there is a range of natural options, including concentrated plant oils and other botanicals such as pomegranate, which provide an excellent defense against bacteria. In fact, pomegranate extract fights E. coli bacteria quite well. In a study testing seven botanical extracts against E. coli, pomegranate showed the strongest activity.

Many Reasons to Use Pomegranate
The amazing thing about pomegranate is that it is so powerful for so many health concerns. I recommend it to anyone. But cutting open the fruits and scooping out the arils every single day can be a bit challenging. And the sugar and calories in pomegranate juice are not good additions to anyone’s diet.

That’s why the supplemental form I’ve outlined here is the best. It provides the most convenient – and concentrated – way to shore up your antioxidant defenses, protect breast, prostate, and colon cells from the threat of tumor growth, and support the millions of tasks your body must perform each day.

A strong pomegranate seed extract and seed oil supplement provides the amazing power of pomegranate, without the sugar, calories, or mess of drinking the juice or eating the fruit. You’ll be able to appreciate the power of pomegranate anytime, and it’ll make an astounding difference for your health.

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