HOLISTIQUE MEDICAL CENTER · BELLEVUE, WA

Pomegranate ~ Superfood for the Holidays

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Pomegranate, originally from Persia, with its use dating back to 4000 B.C., is a delicious sweet and sour fruit with lustrous red edible jewel-like seeds. Though recently recognized in the West for its rich anti-oxidant content, pomegranate seeds provide much more health benefits than just their high vitamin C content. Incidentally, pomegranate seeds have more antioxidant activity with high amounts of flavonoids than green tea or red wine. No wonder pomegranate is one of the greatest superfoods of all times.

Pomegranate has been valued in traditional practices around the world for thousands of years. Today it is recognized for its rich antioxidant content, which supports healthy circulation and cardiovascular wellness as part of a balanced diet.

Its deep red seeds are especially high in polyphenols, plant compounds that help protect cells from the everyday oxidative stress linked to aging.

Pomegranate also contains natural phytoestrogens, plant compounds that interact gently with estrogen receptors and may support healthy hormone balance and a normal inflammatory response.

As a naturally sweet, fiber-rich fruit, pomegranate supports healthy blood sugar balance and helps protect cells from oxidative damage.

As an antioxidant-rich, anti-inflammatory fruit, pomegranate is a wholesome, joint-friendly addition to the diet.

Eaten or used topically, pomegranate supports healthy, radiant skin and hair and is a delicious part of an anti-aging, whole-foods lifestyle.

Rich in vitamin C and antioxidants, its seeds support normal immune function, making them a great choice during cold and flu season.

During the holidays, use pomegranate seeds in your stuffing, or mix some in with your cranberry sauce. Sprinkle some on salads, fill your pies with it, use it as garnish, or simply juice it not only for its superpower health benefits but to bring some gorgeous red jewel color to your table.

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Enjoy and keep healthy during the Holidays!

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