

# Paris Holistic Health



**November  
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Newsletter**

## **The Abundance of the Pomegranate**

Thanksgiving, the day when we celebrate abundance, is right around the corner and one of my favorite memories associated with Thanksgiving is getting my hands stained eating delicious pomegranates.

The Latin name for pomegranate is *Prunica granatum* which means seeded

apple. Pomegranates have an abundance of seeds with a lovely sweet and sour flavor. While I always referred to the pomegranate seeds as kernels, the fleshy red seeds are actually called arils. These little niblets are not only delicious but are very nutritious and can support our bodies in healing various conditions.



Pomegranates are high in fiber and rich in vitamin C, vitamin K, and folate. They also provide minerals like copper, potassium, manganese, and phosphorus. In addition to vitamins and minerals, they are rich in antioxidants. Pomegranates are high in polyphenols which have been shown to provide cardiovascular protection by reducing the oxidation of cholesterol. Note that while pomegranate juice is a healthful option, eating the pomegranate kernels provides you with all of these nutritional benefits.

This healing food can be used to support the body in healing bruises, diarrhea, mild erectile dysfunction, irritable bowel syndrome, laryngitis/sore throat, osteoarthritis, pneumonia, and enlarged prostate. Additionally, it is great for heart and mind health due to its antioxidant and anti-inflammatory properties. Finally, specifically for the ladies, this fruit contains phytoestrogens with some being identical to human estrogen. This means that this fruit will help to support reproductive health as well as help to ease the symptoms associated with menopause. However, this is probably not a good fruit of choice for those women with estrogen sensitive breast cancer.

While I had fun as a kid getting my fingers stained, today I prefer to be stain free. I have learned that an easy way to harvest the kernels from the pomegranate without getting my fingers stained is to cut it in quarters, submerge each quarter into a large bowl of water, and gently rub the kernels free. The kernels will sink to the bottom of the bowl and the lighter membrane will float to the top.

I hope that you enjoyed learning about the yummy pomegranate. If you want to learn more about health and herbs that can support your health, Paris Holistic Health is here to help. Call today, 443-243-4728, to schedule your complimentary 30 minute session. Come and get to know us and decide if holistic health is an approach that will work for you. Best of all, this first meeting is absolutely FREE!

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