

2-27 DID YOU KNOW that the Antioxidant Nature of Pomegranate Modifies Blood Lipids, Lowers Blood Pressure? The active compound in pomegranate is called ellagitannin and is credited for the powerful antioxidant capacity claimed by this super fruit. Pomegranate has been shown to influence gene expression and suppress the pro-inflammatory cytokine, nuclear factor-kappaB (NF-kB). The fruit also activates an enzyme that is responsible for generating the artery-cleansing HDL cholesterol. Information presented to the American Society of Nephrology reveals how pomegranate can inhibit the development of oxidized LDL cholesterol particles that become lodged in arterial vessel walls and cause arterial stiffening and increased blood pressure. Researchers found that extracts from the juice reduce the number of potentially fatal atherosclerotic lesions and protect the vascular system from damage, reducing the risk from a cardiovascular event. Pomegranate is beneficial to human health because of its powerful antioxidant and anti-inflammatory properties. For optimal protection against heart disease and cancer, nutritional researchers advise drinking 8 ounces of the juice daily, combining the contents of an entire pomegranate into a smoothie or supplementing with 400 mg of concentrated extract. Health conscious individuals will certainly want to take advantage of this super fruit to dramatically lower risk from multiple disease processes. *(Natural News)*

DID YOU KNOW that most fad diets are based upon some science? For every Cigarette Diet, Tapeworm Diet and Drinking Man's Diet out there, you will find a weight-

loss program highlighting the potential benefits of acai berries, peppermint, or even grapefruit. Although grapefruit is known to interact with a number of medications, it also is a great weight-loss food to incorporate into a balanced diet. Grapefruit is somewhat unique among citrus fruits because it reduces insulin levels, which means you will be less likely to crave other sweet treats. Grapefruit is also a fruit with high water content, so it will fill you up, especially if you eat it before a meal. A 2006 study of grapefruit and weight loss published in *The Journal of Medicinal Food* found that eating grapefruit or even taking grapefruit capsules was associated with losing at least three pounds. If you are not crazy about eating grapefruit every day, then capsules are a safe, somewhat more expensive choice. Remember to discuss this solution first with your doctor to make sure that the grapefruit will not significantly interact with any medicines you might be taking. *(LifeScript)*

DID YOU KNOW smoking leads to cardiovascular disease, pulmonary diseases, and lung cancer 3 very good reasons to kick the habit. And another study also found that more than 50% of all the deaths (that's over 2.5 million people) were in smokers aged 30-69. Still think you're invisible to the deadly effects of smoking, think again! And don't forget about the second-hand smoke that makes victims of those around you.