

The Benefits of Antioxidants

Have You Discovered The Benefits Of Pomegranate Juice?

Short Description: Many physicians advise to consume antioxidants from an earlier age so that when we grow old, we can protect ourselves from various diseases.

With the recent ban on soda drinks after harmful chemicals were found in them, a large number of people have gradually shifted to healthier options. People have finally understood that it is no longer a fashion statement to drink sweetened carbonated water, which are most popularly known as soft drinks.

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In fact, it has become all the more fashionable to be seen drinking health juices which are rich in antioxidants. A large number of people have warmed up to the idea of drinking fruit juices.

Fruit juices are an option whose consumption is no longer limited to diet conscious or people who have taken ill. Drinking fruit juices is a trend, which is here to stay for a long period of time in the future. But the best thing about this trend is that it is one of the healthiest trends that have been introduced in a long time now.

There has been an increasing popularity for pomegranate juice in the recent past. Pomegranate has managed to become one of the healthiest and most talked about fruits in the recent past. The benefits offered by this juicy, red fruit are more than one. Firstly, drinking pomegranate juice on a regular basis can greatly help to reduce cholesterol in an individual.

Yet another advantage of drinking pomegranate juice regularly is that it helps to lower blood pressure. People who suffer from high blood pressure are generally advised to consume pomegranate juice as it plays an extremely important role in lowering systolic pressure. People who are reported to have high amount of LDL cholesterol i.e. bad cholesterol oxidation can also benefit immensely by drinking pomegranate juice on a regular basis.

Pomegranate is a fruit that is known to contain polyphenols, tannins and large amounts of anthocyanins. All of these elements present in pomegranate are examples of beneficial antioxidants. In fact, the concentration of these antioxidants in pomegranate is much higher as compared to other natural sources of antioxidants, such as red wine, green tea and juice of any other fruit except Acai. If you are looking for an antioxidant drink with the biggest antioxidant punch you should check out a drink called purple. Yes. I admit it I am hooked on the stuff :o) It has something called the cascade effect that comes from the pomegranate and the Acai berry combined, plus you can buy it in most health food stores, not like many of the MLM marketing companies where they charge an inflated price.

Pomegranate juices are known to have one of the highest capacity of free radical fighting ability which helps an individual to stay healthy and young for a long period of time. Apart from giving an extremely youthful appearance to an individual, pomegranate juice has advantages from the medical point of view as well.

Recent studies have revealed that pomegranate juice plays an extremely important role in preventing the hardening of arteries as it is able to reduce the damage to blood vessels considerably. Hardening of arteries, which are also known as atherosclerosis, can easily be avoided by regular consumption of pomegranate juice. The studies also revealed that human cells when exposed to extreme physical stress were prone to fatigue and damage. However cells of an individual who had been drinking pomegranate juice on a regular basis were less prone to damage even after being subjected to extreme physical stress.

Thus, now, it is easy to say goodbye to all your heart problems and open up to a whole new world of healthy living with pomegranate juice.

About the Author

Archie Freeman is author of this article on [Purple antioxidant drink](#). Find more information about [Antioxidant drinks](#) here.

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