

Each of us probably knows someone who suffers from one or more so-called "diseases of civilization." These diseases - which include obesity, diabetes, hypertension, stroke, high cholesterol and heart disease - are ailments that seem to disproportionately affect members of Western society compared to those in other parts of the world. Oddly enough, all of the diseases mentioned above are affected in some way by your diet. My research helped me to uncover and successfully apply natural healing techniques to restore my body's natural balance. After years of developing and solidifying my poor diet habits, it took just a few years for me to unlearn my poor nutrition habits and train my body to long for the foods that would help to keep it disease-free. Believe it or not, a significant part of that discovery is centered around the healing qualities of the pomegranate. My goal is to share what I found in this easy-to-read guide so that maybe I can help to keep you from going down the same road I took. And maybe "just maybe" help you to restore your own health. -Jasmin Carrera

From childhood, I always enjoyed Pomegranate fruit for its taste and the beautiful color, but never knew all these benefits and healing power she mentioned, a truly eye opening book indeed!

Rodriguez  
Carmen

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