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# mangosteens & minerals

**It is an undeniable fact that our bodies cannot escape the increasingly damaging effects of free radicals which have been incriminated in the development of some 60 different diseases, from cataracts to cancer.**

**These unstable and dangerous chemical entities are constantly being formed in our bodies as a by-product of our metabolism during the release of energy from our food, but they are quickly neutralised by specific enzymes.**

However, they also attack us in many other ways, for example through the ultraviolet light radiating from the sun, through herbicides and pesticides on our food, to environmental pollution in the form of fumes and smoke. Free radicals can also be called oxidants because the damage they cause requires oxygen, such as iron when turned into iron oxide or rust. Imagine this process happening to the cells in the body. It is estimated that each human cell receives at least 10,000 hits from free radicals per day!

To combat oxidant activity, apart from our intrinsic enzymes, we need antioxidant substances like the vitamins A, C + E and minerals such as selenium, zinc and iron. These are made available to us in food, the main sources of which are fruit and vegetables, which must be fresh to produce a maximum effect. Unfortunately not many of us have regular access to fresh, and ideally organically grown food so we need to supplement on a daily basis.



Pomegranates and mangosteen fruits are two of the most potent sources of antioxidants available and so their combination in Pomesteen is a really powerful and easy way to consume enough antioxidants in just one drink every day. My own preference has always been to combine it with Aloe Vera so I am very pleased to find that FLP has also recognised this and produced this new product.

Another bonus is that something, as yet unknown, in pomegranates has been shown by researchers to be a most effective way of fighting cancer of the prostate gland, the second most common cause of cancer deaths in men. I'll drink to that!

People often ask me which are my favourite products, and I find it very difficult to limit my answer to just two or three, but if I was really unable for any reason to eat a good, balanced, healthy diet with plenty of fresh fruit and vegetables I would go for the two products that, together with enough water and fibre would sustain me, and they would be Bee Pollen and Fields of Greens.





Most of us are aware of the nutritional benefits of Bee Pollen, which of course is also rich in bioflavonoid antioxidants but I feel Fields of Greens is often overlooked. This product is a super source of minerals and trace elements because of its alfalfa content. Alfalfa like Aloe Vera is capable of extracting large amounts of minerals from deep in the soil. Add to this young green barley and wheat grass and you get even more minerals and vitamins.

Unfortunately much of our food today, because of the distance it travels and the length of time it is kept, is no longer fresh when we eat it and so has a greatly reduced nutrient content. Hence the need now to eat about 9 portions of fruit and vegetables per day rather than the more modest 5 portions recommended by the government. Deficiency in these nutrients mean our complex enzyme systems do not work at maximum capacity and so I'm sure that many people have never known what it is like to be firing on all cylinders and have actually never ever known what it feels like to be really healthy and on top form. We can help them.

In an article on pomegranates, **WHICH MAGAZINE [August 2006]** printed the following quote from The Independent Newspaper of 20 Aug 2005: *'I don't think it is too bold a statement to say that pomegranates stop you from dying'*. Which Magazine also says that: Pomegranates, and their juice particularly, are the superfood du jour. To eat the actual fruit requires the patience of a saint, so juice drinks have been marketed as the answer to your pomegranate prayers.'

**FLP's Pomesteen Power** not only provides you with the juices and extracts of the pomegranate but it also includes pear, mangosteen, raspberry, blackberry, blueberry and grapeseed. You may have heard of ORAC value [Oxygen Radical Absorbance Capacity]. It is an indicator of how well an antioxidant inhibits free radical damage. The ORAC value of fruits can vary greatly, even when testing the same fruit at different times after harvesting. What is important is that all of the ingredients of Forever Pomesteen Power are near the top of the list in ORAC value, especially pomegranate and mangosteen fruit. In summary, a superb antioxidant drink.

## 10 ways to use...

# Forever Pomesteen Power

by Adam May, UK Diamond Sapphire Manager and ADD for Area 250



- 1 Drink neat - tastes like a very powerful fruit cordial
- 2 Dilute with water - makes a tasty squash for kids
- 3 Add to your daily Aloe Vera Gel - gives it a lovely fruity flavour for those who can't drink it neat
- 4 Add to champagne - to make a healthy Kir Royale
- 5 Add to plain yoghurt - makes a delicious fruity dessert for children and adults
- 6 Try it with custard!
- 7 In a trifle - to add fruity zest and health
- 8 After exercise as a super antioxidant tonic
- 9 Freeze and make into ice cubes
- 10 Make ice lollies for little and big kids!