



Clark Chiropractic
health newsletter

Did you know...

Chiropractic spinal adjusting has been shown to be better than 5 times more effective than the NSAIDs pain drugs Celebrex and Vioxx in the treatment of chronic neck and low back pain.

(Spine, 2003)

Ask the Doctor



Dr. Clark urges patients to contact him directly with any questions or concerns you may have.

Contact Dr. Clark personally via email at: drclark6@comcast.net

Pomegranate Juice and Your Health

Many people know that pomegranate juice is “good for you”, but do you know how or why? It turns out that a fair amount of research has been done on pomegranate juice and its effect on human health, and the results are very impressive!

It is well known that blockage of the arteries feeding the heart (ischemic heart disease) is the #1 cause of death in the U.S. In fact, it is responsible for 434,000 deaths per year in the U.S, alone! A study published in June 2004 Clinical Nutrition looked at the effect of regular consumption of pomegranate juice on coronary arterial atherosclerotic stenosis.

The results were pretty amazing: What they found was that drinking 8oz/day actually reduced the thickness of the plaque buildup in the arteries (intima-media thickness)! At 3 months there was a 13% reduction, at 6 months a 22% reduction, at 9 months a 26% reduction, and at 1 year a 35% reduction! In addition, the average participant experienced a 21% drop in their systolic blood pressure. In contrast, the control group that did not consume pomegranate juice experienced an average increase in intima-media thickness of 9%!

Also noted was a 250% increase in glutathione levels after only 3 months. This is extremely significant because glutathione is not only your body’s most potent detoxifier, but also its

most potent antioxidant...protecting your DNA from free radical damage. If you’ve heard me speak, you know that free radical damage to your nuclear and mitochondrial DNA is at the root of many of the negative conditions that we associate with the aging process. Minimize free radical damage, and you significantly slow the aging process.

As if that wasn't enough,

studies published in July 2006 Clinical Cancer Research and October 2005 Proc. National Academy of Science USA

demonstrated very positive effect on prostate cancer...both preventatively and therapeutically.

What they showed was a dramatic slowing of rising PSA levels, and an inhibitory effect on tumor growth.

Bottom line is that pomegranate juice is pretty amazing stuff, and should be part of your diet. I’ve been consuming it regularly since I learned about its properties, and plan on continuing for the rest of my life. Most grocery stores carry it, but beware of pomegranate “blends”. You want 100% pomegranate juice, preferably not from concentrate, and preferably in glass. I get mine from either Trader Joe’s or Whole Foods in Annapolis. Bon appétit!

