



HEALTH & HEALING

Prevent heart attack and cancer

by **Mike Ventresca**
Vital Choice

Let Food Be Your Medicine" first uttered over 2,000 years ago by Hippocrates, the Father of Medicine, is true now more than ever. Thanks to a sizeable body of research we now know that you can lower your blood pressure and cholesterol while reducing your risk of developing cancer and heart disease simply by regularly eating two foods- pomegranates and tomatoes.



Mike Ventresca

In a recent health article, Aaron Katz, M.D., director for the Center of Holistic Urology at Columbia University, urged Americans to eat more of these two "superfoods," pointing to the growing body of scientific evidence.

First let's look at heart health. Pomegranate has been found to increase "good" HDL cholesterol, decrease "bad" LDL cholesterol and reduce oxidation of LDL by up to 90%! It has also been found to lower systolic blood pressure in as little as two weeks. The role pomegranate plays in cancer is just as exciting. Numerous studies show pomegranate causes cancer cells to die. According to Katz, pomegranate shows promise for prevention of breast

cancer and postmenopausal osteoporosis in women and prostate cancer in men.

Lycopene, most absorbable from cooked tomatoes, has also shown great potential for preventing heart disease and cancer. Like pomegranate, lycopene reduces LDL oxidation and has been found to significantly reduce the growth of cancer cells.

If you can't eat whole pomegranates and cooked tomatoes every day, I highly recommend a product called LycoPom™. I take it every day. Each capsule of LycoPom gives the equivalent of seven ounces of organic cooked tomatoes and fifteen whole organic pomegranates! And I'm not the only one who thinks highly of LycoPom. Dr. Katz not only recommends LycoPom but says it's "safe for anyone who wants to be pro-active about prostate or breast cancer prevention, or who is concerned about heart disease."

Mike Ventresca is co-owner of Vital Choice, a health food and nutrition store located at 9243 Sprague Road in North Royalton's Timber Ridge Plaza. The phone number is 440-885-9505. Open Monday thru Friday 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday noon to 5 p.m.

This information is intended for informational purposes only and is not intended to diagnose or provide treatment for any condition. If you have any concerns about your own health, you should always consult with a healthcare professional.

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