

Subject - Best fruit for warding off flu

Hey it's Matt here again from Erudite Lifestyle.

Think oranges are the ONLY fruit that's powerful at fighting colds and flus?

Nope.

Not at all.

There's also a **bright red fruit** that's a **powerhouse at boosting the body's immune system.**

In fact, it was cultivated during the times of ancient Roman times for this very purpose.

Can you guess what it is?

POMEGRANATE!



You may know already that pomegranate has benefits for some types of cancer, balancing blood sugar and libido.

But did you know that pomegranate is a great flu fighter too?

This is because pomegranate contains compounds called tannins.

And these tannins help support the body's natural defence against infections and flu viruses.

Pomegranate also contains ellagic acid, which is potent at treating viral and bacterial infections.

According to an analysis of existing studies on pomegranates and flus, Research gate noted:

“The recent surge in multidrug-resistant bacteria and global virus pandemics necessitate the need for additional preventative and therapeutic options to conventional drugs. Research indicates that pomegranates and their extracts may serve as natural alternatives due to their potency against a wide range of bacterial and viral pathogens.”(1)

So there you go.

Pomegranate's have more flu fighting power than a bag of oranges... and pomegranate juice tastes great too.

But let's be clear - Eating a truck load of pomegranates won't protect you from the vital tornado.

Nothing can, other than staying home and avoiding contact.

Yet what you CAN do is take steps to strengthen your immune system.

If you'd like advice on what foods are potent immunity boosters, I've a 30 day course that guides you in how to adopt a immunity revitalising diet and lifestyle:

>>>Find out how to strengthen the immune system in 30 days

This virus outbreak could last for many more months yet.

So I recommend doing whatever you can to protect your immunity and that of loved ones until we pass into safer times...

whether through my course, books on Amazon or doing your own Google research.

As always, feel free to reply to this email if you have any questions on today's topic.

Matt