



 | **Aradnar**  
Pomegranate paste







## **Types of pomegranate paste**

Pomegranate paste is prepared in two ways, which in Saveh city are known as Qajri or hard pomegranate paste and formal or loose pomegranate paste. In different parts of the country, it is also called official pomegranate paste.

In short, formal pomegranate paste or pomegranate sauce is obtained by boiling pomegranate seed water, and Qajri pomegranate paste is obtained by cooking pomegranate seed meat.





## The nature of pomegranate paste

Types of pomegranate paste, depending on their taste, have different natures, which we have described below:

"Sweet" pomegranate paste has a cold and temperate nature and has less healing properties than sour pomegranate and smoothie.

The nature of "Mels" pomegranate paste is cold and wet and close to moderation.

"Sour" pomegranate paste has more cold and wetness.





### **Pomegranate paste uses**

Pomegranate paste is used as a wonderful seasoning for a variety of foods.

For example, to make sour chicken, they use stuffed eggplant, fesnjan, pomegranate soup and stuffed chicken with pomegranate paste.

Also, the combination of noodle soup or barley soup with pomegranate paste creates a unique taste, which I suggest you try.





**Pomegranate paste is also used to benefit from its healing properties, including:**

**To treat fatty liver, you can take a spoonful after a meal.**

**Or take a spoonful daily to lose weight on an empty stomach.**

**Some salads are also flavored with pomegranate paste, for example, pomegranate paste is used in the preparation of spinach salad and Lebanese photo salad.**







### **Pomegranate paste for slimming**

Pomegranate products, one of the most important of which is pomegranate paste, can be a good option for people who want to lose weight.

Pomegranate paste contains substances called linoleic acid and polyphenols that stimulate the body. These substances penetrate deep into the tissues and do not allow fats to accumulate.

To lose weight and burn fat, you can consume pomegranate paste or pomegranate juice every day for fasting.





Of course, keep in mind that you should repeat this continuously for several months, and do not just consume pomegranate paste, and also have proper nutrition and exercise to get the desired result.

### **Pomegranate paste for the treatment of pests and mouth ulcers**

One of the substances that has antibacterial and antiseptic properties is a substance called tannin. This substance is present in pomegranate paste, which is why pomegranate paste is very effective in treating wounds that have formed in the mouth and works wonders.





### **Pomegranate paste for blood purification and treatment of fatty liver**

**Consumption of pomegranate paste reduces blood concentration and cholesterol, toxins and waste products in the body are excreted through the liver, so pomegranate paste is a very good option for purifying the blood and cleansing the liver.**





### **Pomegranate paste for skin beauty and pimples**

Pomegranate and pomegranate paste make the skin fresh and clear; As mentioned above, pomegranate paste cures fatty liver, so it can be concluded that pomegranate paste can cure pimples that appear in your body due to fatty liver, for this purpose, you can consume a table-spoon of pomegranate paste every day after a meal.





### **Treatment of high blood pressure with pomegranate paste**

Another property of pomegranate paste is the control of blood pressure. For this purpose, it is better to use sour pomegranate paste to have a greater effect.

Note that if you are taking blood pressure medications, keep a balance in the consumption of pomegranate paste, as it may interfere with these medications, and be sure to consult your doctor.





### **Pomegranate paste vitamins**

Pomegranate paste contains carbohydrates, sodium, potassium, fiber, iron, magnesium, manganese, folic acid, polyphenols, oleic acid, sugar, vitamin A, vitamins B, B1, B2, B3, B6, C, E, of course Vitamin C is reduced because pomegranate paste is boiled for a long time.





### **Pomegranate paste in pregnancy**

Some women develop high blood pressure during pregnancy, which affects both the health of the mother and the health of the fetus. Pomegranate paste can play an effective role in lowering blood pressure, and in addition, it is blood-forming and purifies the blood.

Another problem that occurs during pregnancy is the lack of iron in the mother's body. By consuming pomegranate paste, you can provide the body with the iron it needs and prevent this from happening.





**One of the issues that pregnant women struggle with is nausea and vomiting, in which case if pomegranate paste is consumed in the morning and fasting, it can prevent nausea.**

**Finally, pomegranate paste will strengthen the immune system of the fetus and mother.**

**Be careful not to overeat pomegranate paste if you are pregnant.**

**Pomegranate paste to strengthen the immune system and prevent cancer and coronary heart disease**





As we said, pomegranate paste has a variety of vitamins, so it has antioxidant properties that increase the body's immune system and thus make the body resistant to diseases such as cancer and coronary heart disease.

 **Pomegranate paste to prevent Alzheimer's**

Pomegranate paste due to its niacin strengthens memory and brain, which prevents Alzheimer's.





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