

## **Pomegranates – Cure for Heart Diseases**

Written by Dr Syed Zair Hussain Rizvi

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### **“Bypass the Bypass surgery”**

By: Dr Syed Zair Hussain Rizvi

Two things are full of benefits for the human being, Lukewarm water & Pomegranate.

Pomegranate is a seasonal fruit so I tried an experiment with dried pomegranate seeds. I prepared a decoction boiling the fistful of dried seeds in half litre of water for 10 minutes, squeezed the seeds, strained the decoction and advised those patients suffering from painful angina to use a glass of lukewarm decoction on an empty stomach in the morning. Amazing result was observed, the decoction of dried pomegranate seeds worked like a magic, the feelings of tightness and heaviness of chest and the pain had gone.

It encouraged me to try more experiments on all types of cardiac patients so I tried other experiments on patients who were suffering from painful angina, coronary arterial blockage, cardiac ischemia (insufficient blood flow to the heart muscle) etc., waiting for a bypass surgery. The same lukewarm decoction was used on an empty stomach in the morning. The patients experienced quick relief in all symptoms including painful condition.

In another case of coronary arterial blockage the patient started using half glass of fresh pomegranate juice everyday for one year, although all symptoms were completely relieved within a week but he continued taking it for a whole year, it completely reversed the plaque build-up and unblocked his arteries to normal, the angiography report confirmed the evidence.

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Thus decoction of dried pomegranate seeds, fresh pomegranate juice or eating a whole pomegranate on empty stomach in the morning proved to be a miracle cure for cardiac patients. But the lukewarm dried seeds decoction proved to be more effective compared to eating a whole pomegranate or fresh pomegranate juice.

Use of pomegranate in any way has demonstrated even more dramatic effects as blood thinner, pain killing properties for cardiac patients, lowers LDL (low-density lipoprotein or bad cholesterol) and raises the HDL (high-density lipoprotein or good cholesterol). There are more than 50 different types of heart diseases, the most common being coronary artery disease (CAD), which is the number one killer of both women and men in some countries, and there has been no medicinal cure for this disease.

Many cardiac patients have reversed their heart diseases on my advice using one glass of lukewarm decoction of pomegranate dried seeds, half glass of fresh pomegranate juice or eating a whole pomegranate on empty stomach in the morning. It was the very first real breakthrough in the history of cardiology to successfully treat the cardiac diseases by a fruit.

The more super foods to obtain even faster results for cardiac patients which are most promising curative and protective agents like fresh raisins, quince, guava, prunes (dried plums), natural vinegar, mixture of grape fruit juice and honey in the morning (empty stomach), basil leaves, chicory leaves, powder of oregano leaves and rock salt in equal quantity (in case the patient is not hypertensive) and sesame oil as cooking oil for cardiac patients.

It is regretted to say that treating the heart patients and bypass surgery has become far more profitable business around the world which has failed to help avert life threatening heart attacks and life time cardiac in resulting in almost paralyzed life. A regular use of pomegranate in any way ensures a healthy cardiac life, thinning your blood, dissolving the blood clots and obstruction inside the coronary arteries, maintains an optimal blood flow, supports a healthy blood pressure, prevents and reverses atherosclerosis. (Thickening of the internal lining of the blood vessels) from whatever I experienced and observed in last several years, I can say:

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“A pomegranate a day keeps the cardiologist away” you can try and see the wonder.

**EVERY SEED OF POMEGRANATE (DELU) WHICH GOES IN YOUR STOMACH IS A SEED OF LIFE FOR YOUR HEART**

### **A NUTRITIONISTS ADVICE**

Dr Rizvi may have achieved astonishing results by giving dried pomegranate seeds concoction to heart patients but as a Nutritionist and treating heart and hypertension patients through natural diet successfully alhamdulillah, I can say that unless all forms of fats including all types of meats, chicken, poultry, eggs, fish, all types of cooking oils, butter, ghee, margarine, milk and dairy products are not eliminated from the diet, dried or fresh pomegranate juice alone can never unclog arteries.

The patients have to eat ONLY fresh cooked vegetables with fresh spices and garnishes, lentils, fruits and some pods of raw garlic, with homemade whole wheat bread or boiled rice to clear the clogged arteries, keep blood thin and lower blood pressure naturally.

If the patients keep on eating all fats including meat chicken milk oils etc and take the pomegranate concoction, the arteries will never clear of the plaque build-up and cholesterol. May be with the diet of vegetables lentils and fruits, if fresh or dried seeds pomogranate juice is taken it may help, but as pomegranate is expensive and not easily affordable its the vegetables, lentils and ordinary fruits which work wonders. In addition to the natural food diet the patients have to walk at least 40 minutes a day.

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