



The Benefits of Pomegranate Fruit From Jannah Paradise

For Mental Health & Body Healing

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THE BENEFITS OF POMEGRANATE FRUIT FROM JANNAH
PARADISE FOR MENTAL HEALTH & BODY HEALING

First edition. August 25, 2021.

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Prologue

The pomegranate is a fruit-bearing deciduous shrub in the family Lythraceae, subfamily Punicoideae that grows between 5 and 10 m tall. The pomegranate was originally described throughout the Mediterranean region.

The fruit is typically in season in the Northern Hemisphere from October to February and in the Southern Hemisphere from March to May. As intact sarcotestas or juice, pomegranates are used in baking, cooking, juice blends, meal garnishes, and smoothies.



Pomegranates are widely cultivated throughout the Middle East and Caucasus region, north and tropical Africa, the Indian subcontinent, Central Asia, the drier parts of Southeast Asia, and the Mediterranean Basin.

Fresh juice doesn't have to be green or full of spinach to be healthy. Pomegranate juice contains more than 100

phytochemicals. The pomegranate fruit has been used for thousands of years as medicine. Today, pomegranate juice is being studied for its many health benefits. It may help with cancer prevention, immune support, energy boost, antivirus and fertility.

Pomegranate Fruit from Jannah Paradise

Allah SWT (God) Say:

“He is the One who sent down water from the heavens. Then We brought forth with it vegetation of all kinds. Then from it We brought grains set upon one another.

From the palm-trees, from their spathes, come forth the low hanging bunches. (We produce) vineyards and the olive and the pomegranate, either similar or not similar to each other.

Look at its fruit when it bears fruit, and at its ripening. Surely, in all this there are signs for the people who believe”

(The Noble Quran Surah 6 Verse 99)



Prophet Muhammad SAW told his companions that each pomegranate potentially held a heavenly grain, “There is

not a pomegranate which does not have a pip from one of the pomegranate of the Garden (Jannah) in it.”

(Sahih Hadith Bukhari & Muslim)

Pomegranates are one of the paradise fruits mentioned in The Holy Quran. Quranic medicine scholars believe that pomegranate as a fruit of paradise comes in autumn because the autumn season is the fall season of trees and clogs of the sky and is very useful in preventing depression and worry.

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