

Seasonal stress less: Try pomegranates to keep you calm over the festive period

By Daily Mail Reporter

Juicy, tart and delicious, pomegranates are in season at Christmas and they're a nutritional powerhouse.

The juice contains higher levels of antioxidants than other juices, red wine or green tea, while the seeds act like aspirin, keeping blood platelets from sticking together and forming blood clots.

A glass of juice contains a day's supply of folic acid — a shortage of which can lead to depression.

One study showed drinking 500ml of juice a day lowered stress hormones and blood pressure over two weeks.