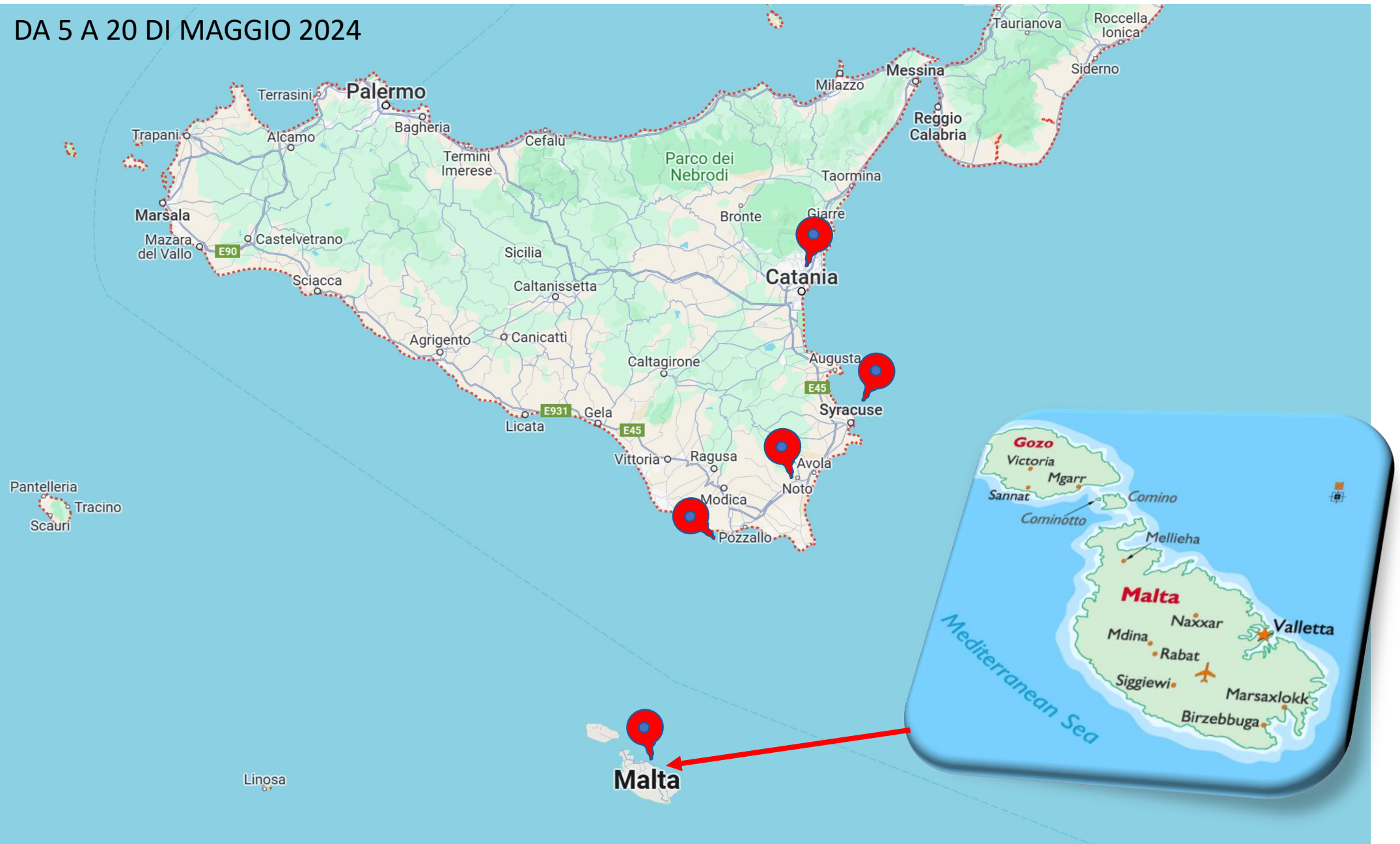


DA 5 A 20 DI MAGGIO 2024



Malta

# CATANIA





### Health benefits of Pomegranate

**Antioxidants** - These help to wrangle the hordes of free radicals in your system. An excellent source of antioxidants that work to help you stay disease-free.

**Cholesterol Reducer** - Pomegranate juice is capable of lowering blood pressure by as much as 10% in daily drinkers.

**Blood Vessels** - Pomegranate juice is rich in antioxidants that help to keep your blood vessels healthy and flexible.

**Anti-Inflammation** - Pomegranate juice has been shown to reduce inflammation in the body.

**Artery Protection** - It helps keep plaque from building up in your arteries.

**Brain Care** - It has been shown that pomegranate juice fed by pregnant women can protect the neonatal brain.

**Heart Aide** - Pomegranate is a natural remedy for hypertension, and great for heart disease.

**Weight Loss** - With a high amount of fiber, pomegranate juice is a natural remedy for constipation and helps to increase higher levels of metabolism.









CASTELLO URSINO



# CASTELLO ACI





# AETNA











- **CHIESA SAN BENEDETTO  
(SISTINE CHAPEL OF SOCILY)**











POZZALLO







MOON

WILD  
ART

MOOD  
colours - mood  
gestures - mood  
DECO  
handful - lunch - happy hour - drinks

MOOD PUB

FOOD DRINK

MOOD PUB





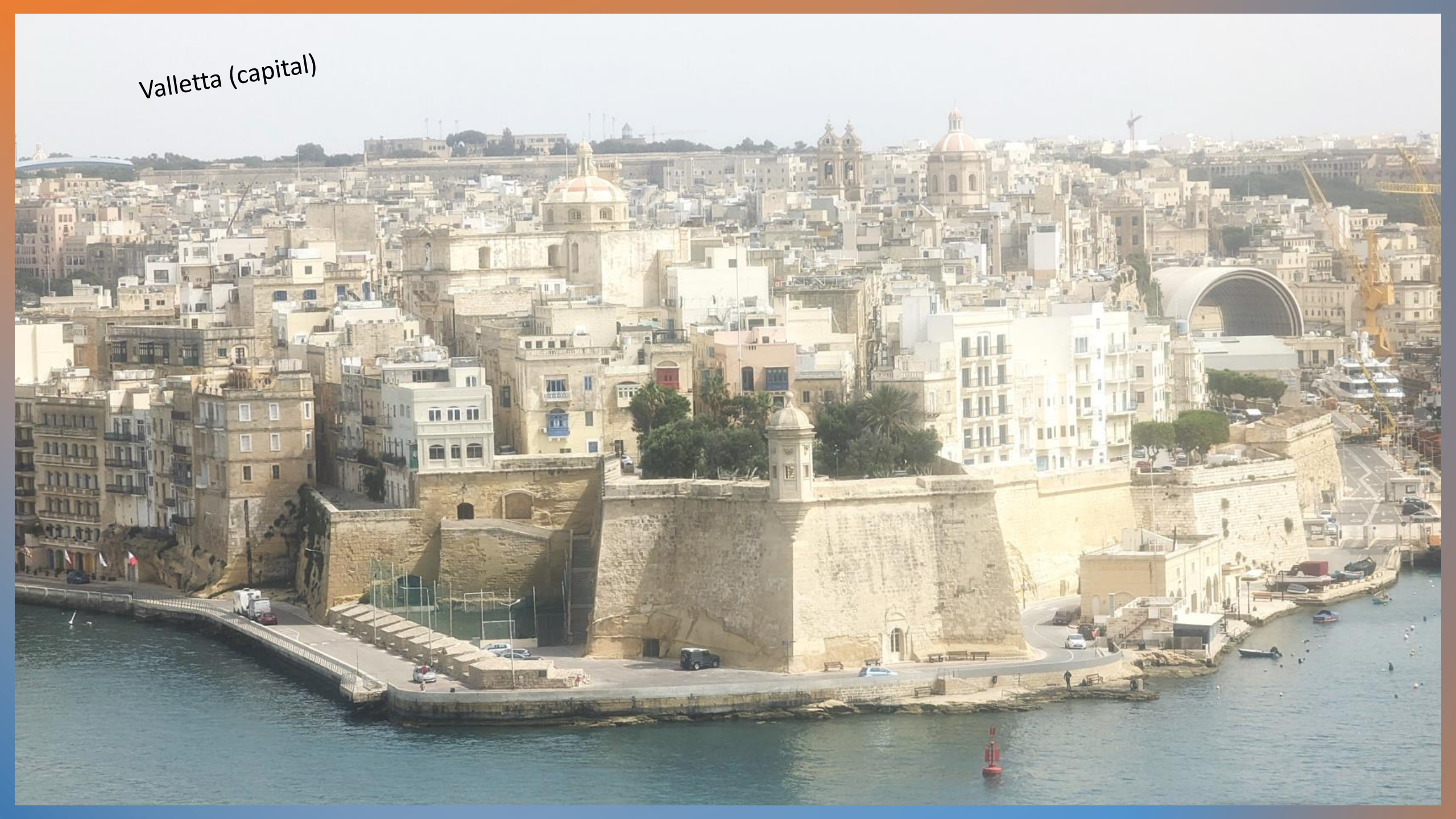
# MALTA



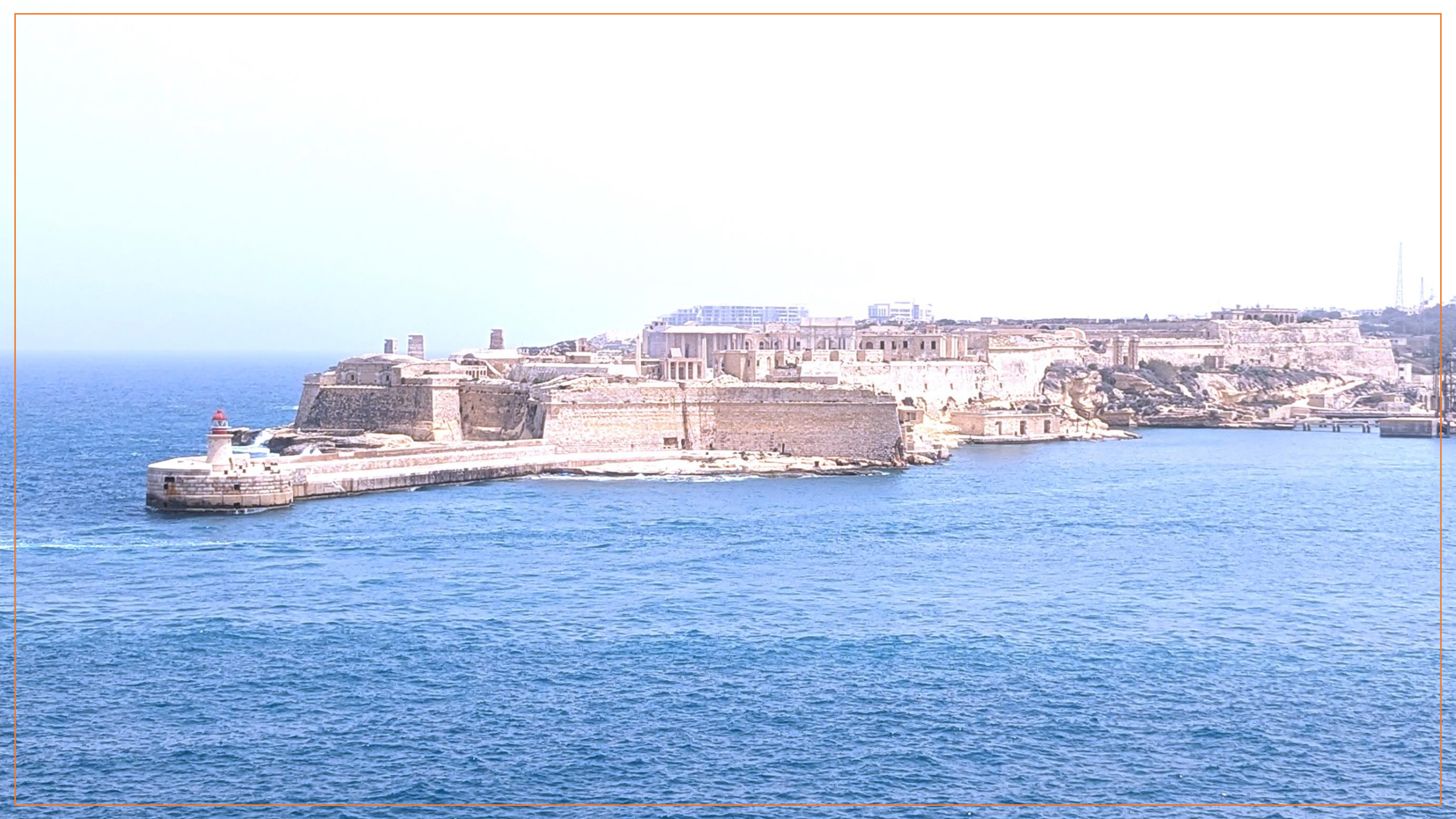




Valletta (capital)















Porticello



Ladies  
Hair  
Stylist

Lancelotti  
Barber Shop

CHARLES

21







- Mdina (old capital)











# ST JOHN'S CO-CATHEDRAL







CARAVAGGIO





Ritratto di San Girolamo

