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## Pomegranate: The Most Medicinal Fruit

*Robert A. Newman, Ephraim P. Lansky, Melissa L. Block*  
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With its complex qualities, including its highly concentrated supply of antioxidants, its ability to regulate hormones, and its anti-bacterial, antifungal, and antiviral qualities, the Pomegranate stands out in high profile, even among all the marvels of contemporary natural medicine and therapeutic nutrition. Pomegranates can reduce the risk of various cancers, cardiovascular diseases and stroke, and much more.

About the Author Is a faculty member at the University of Texas M.D. Anderson Cancer Center in Houston, Texas For the past 23 years Dr. Lansky has practiced general complementary and alternative medicine, and has certification in acupuncture, classical homeopathy, hypnosis, medical herbology, and emergency medicine.