

prostate-specific antigen (PSA) doubling time, from 15 months (the pre-treatment average) to 54 months (on the juice). Longer doubling time reflects slowed tumor growth. Also, early results from an Israeli study suggest that pomegranates may help counteract the effects of cardiovascular disease.

But pomegranate juice, like grapefruit juice, may interact with certain medications, and a 2006 report linked it to a case of statin-induced muscle damage. So talk to your doctor before starting a regimen.

Tai Chi Power

A study in the *Journal of the American Geriatrics Society* examines the benefits of tai chi and shows that when the ancient Asian martial art is coupled with a vaccine against shingles, it increases immune response by nearly 100 percent.

"The study shows the efficacy of this practice in a very broad sense in improving immune function," says tai chi master Arthur Rosenfeld. "It draws attention to just how effective tai chi is. Its benefits are far-ranging and transformative for the body and mind."

Tai chi is one of fastest-growing exercise disciplines in the U.S. But how does it work? "Chinese medicine sees the body as criss-crossed by energy pathways called meridians," says Rosenfeld.



"The purpose of tai chi is to maximize the flow of energy to all parts of the body at all times, which nourishes the immune system."

According to Rosenfeld, evidence suggests that tai chi may help correct diabetes, high blood pressure, poor balance, high stress, chronic fatigue, asthma, arthritis, attention deficit disorder and more.

When seeking a tai chi instructor, look for someone whose personality, skill, energy and enthusiasm you like and admire. Watch a class before you enroll and ask questions. To find a class, contact a YMCA, health club or wellness center; visit taoist.org; or Google the name of your hometown in combination with "tai chi." ■

Chrystle Fiedler is the author of the upcoming *Complete Idiot's Guide to Natural Remedies*.