

Newest miracle food may be avocado

By Ariana Eunjung Cha, Washington Post

First it was blueberries. Then the tart, deep red seeds of pomegranates. Now it's avocado's turn in the spotlight.

Long revered as a superfood with good vitamin and fat content, the fleshy green fruit is being used in the development of a drug that researchers hope will one day be able to fight blood cancer.

In a study published in the journal *Cancer Research*, Paul Spagnuolo, a professor at the University of Waterloo in Ontario, Canada, writes of a fat in avocados that combats acute myeloid leukemia (AML), a rare and deadly form of cancer, by targeting leukemia stem cells while leaving healthy cells unharmed.

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