**Arlington Holistic Health**

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**Cut Your Risk of Cancer by Two-Thirds**

Diet is now believed to be a factor in approximately 60% of all malignancies-with smoking, heredity, and viral infections accounting for the rest. Theoretically, an effective anticancer diet should be capable of cutting your cancer risk by two-thirds. The most compelling demonstrations of cancer risk reduction come from population studies. More than 200 such studies have been completed. These studies show that cancer rates are much lower in developing nations than in the US. Citizens of developing nations tend to eat very differently than the average American. The average American eats lots of fatty and/or highly processed foods. In developing countries, people eat mostly fruits, vegetables and grains.

**What To Avoid**

It is now well established that eating less dietary fat can cut your cancer risk. Dietary fat clearly raises the risk for breast, colon and prostate cancers. In addition, you must avoid foods known to raise cancer risk—and boost consumption of foods that lower the risk.

* **Minimize consumption of beef, pork, poultry, and fish.**

These foods can be concentrated sources of dioxin, polychlorinated biphenyls (PCB's) and other potent carcinogens. These compounds sap the body's cancer fighting ability...and trigger genetic mutations that can lead to cancer.

* **Wash produce thoroughly.**

If peeling is not an option, use *Vegi-Wash* or another produce wash. Whenever possible, buy organic.

* **Drink more water.**

*Drinking eight eight-ounce glasses of water a day* helps flush carcinogens out of the body.

* **Consume more dietary fiber.**

-in the form of *fresh fruits*, *vegetables* and *whole grains*. Fiber speeds the passage of feces through the intestines, reducing the amount of time any carcinogens present in the body remain in contact with body tissues.

* **Avoid processed foods.**

*Potato chips* , *baked goods*, and *other processed foods* tend to contain lots of trans fatty acids, refined sugar, and/or sodium. Animal studies have linked each of these substances to cancer.

**A Shield Against Cancer**

From the standpoint of cancer avoidance, virtually all fruits, vegetables, and grains are beneficial. But certain plant foods are special—because they contain certain cancer-preventing compounds. Eight plant foods are particularly rich sources of these phytochemicals. They should be eaten every day.

* **Onions and Garlic**

The same sulfur compounds that give these herbs their characteristic aromas protect cells against oxidative damage. Onions and garlic also block the formation of nitrosamines. These potent carcinogens are formed in the stomach following consumption of cured meats and other nitrate-containing foods.

* **Crucifers**

*Broccoli* , *cauliflower*, *cabbage*, and *brussels sprouts* are rich sources of potent anticancer compounds known as glucosinolates. Crucifer consumption has been linked with reduced risk for lung and colon cancer.

* **Nuts and Seeds**

In addition to antioxidants, nuts and seeds contain protease inhibitors. These compounds help block the growth of blood vessels that tumors need to obtain nutrients from the bloodstream.

* **Whole Grains**

*Oats* , *wheat* and *other grains* contain fiber that helps isolate cancer-causing compounds and remove them from the body. *Flaxseed*, *rye*, and *millet* are rich in lignans. These compounds act as weak estrogens, helping stymie the growth of breast cancer and other malignancies that are often estrogen dependent.

* **Legumes**

*Beans* , *peas* and *lentils* are rich in fiber and saponins, compounds that block tumor growth by inhibiting DNA synthesis. *Soybeans* are the most potent anticancer legume.

* **Fruits**

In addition to vitamin C—a potent antioxidant—*citrus fruits* contain cancer-fighting compounds known as monoterpenes and gutathione. Ellagic acid—in *blackberries*, *strawberries* and *raspberries*—binds to carcinogens and thereby deactivates them.

* **Tomatoes**

Tomatoes get their red color from lycopene, a phytochemical that blocks the formation of carcinogens. Lycopene appears to be especially effective at preventing prostate cancer. Important: Lycopene is more easily absorbed from cooked tomatoes than from raw tomatoes.

* **Umbellifers**

*Carrots* , *parsley*, *celery* and the spices *cumin*, *anise*, *caraway* and *coriander* are rich sources of phytochemicals. The carotenoids in carrots are strong antioxiants. Compounds found in celery boost the action of the carcinogen-deactivating enzyme glutathione S-transferase.