**Cancer Fighting Foods article of the week**

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**FOODS that Cause Cancer Cells to Self-Destruct** **By Dr. Mercola**

There are many all-natural cancer-prevention strategies, and research shows they may cut your risk in half. Consequently, by implementing multiple strategies, you can radically lower your risk of cancer as well as other chronic diseases.

• Co-Q10/Ubiquinol • Curcumin (the active agent in the spice turmeric) Capsaicin (the compound that makes hot peppers hot) • Se-methylselenocysteine aka methylselenocysteine (found in garlic and broccoli) • Ellagic acid (from pomegranates and other fruits)

**Lifestyle Factors that Influence Your Cancer Risk** A healthful lifestyle encourages proper gene expression, as the science of epigenetics has shown. We now know you are in control of your genes, instead of being controlled by them. You actually have tremendous power to shape and direct your health! Your thoughts, your environmental exposures, and your food choices all directly affect your gene expression.

The best “cancer cure” is to prevent it from taking hold in the first place. Cancer cells are circulating in everyone, all the time. The stronger your immune system is, the less likely your cellular function will run amok. Your diet is extremely important in keeping your immune system strong. One of the primary cancer-promoters is sugar. Cancer cells love sugar and use it to fuel their rapid proliferation (by glycolysis, as discussed earlier). This includes ALL forms of sugar, including fructose and grains. The higher your blood glucose level, the more prolific the cancer cells will be.

According to breast cancer expert, author, and board certified surgeon Dr. Christine Horner:

“To me, sugar has no redeeming value at all, because they found that the more we consume it, the more we’re fuelling every single chronic disease,” Dr. Horner says. “In fact, there was a study done about a year ago… and the conclusion was that sugar is a universal mechanism for chronic disease. It kicks up inflammation. It kicks up oxygen free radicals. Those are the two main processes we see that underlie any single chronic disorder, including cancers. It fuels the growth of breast cancers, because glucose is cancer’s favorite food. The more you consume, the faster it grows.”

Plant foods, particularly cruciferous vegetables and flax seeds, as well as many herbs and spices are cancer-preventive. Beneficial fats of particular importance for cancer prevention are omega-3 and omega-9, which effectively slow down tumor growth in estrogen-sensitive cancers, such as those of the breast, prostate and colon. Generally speaking, your diet should focus on fresh, whole, unprocessed foods (vegetables, meats, raw dairy, nuts, and so forth) that come from healthy, sustainable, local sources, such as small organic farms. For the highest nutrient content, you will want to make raw food a significant portion of your diet.

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Do you put any thought into the foods you eat and the affects it may have on your body?

Would you be willing to make changes in diet and lifestyle now that you know more about cancer and cell division?