

Cancer Prevention

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I'm sure all of us know of someone who had cancer. I had several family members who passed away with cancer including both my parents. As you know it's the hardest thing you will ever experience and the most painful thing to watch. It puts up a red flag and makes us look at our own health. What can we do to prevent cancer or at least give ourselves a fighting chance? Genes do play a role in disease but our lifestyle and attitude play an even bigger role. We can make changes in our diet and lifestyle to fight those free radicals that cause inflammation and ultimately control the inflammation that causes disease. It's about living a healthy lifestyle today to prevent disease tomorrow. The younger you start taking care of yourself the better off you are but that shouldn't stop anyone from making improvements, at any age.

Most of us trust western medicine; choosing chemo or radiation and don't think to look beyond that. Looking into natural remedies, proper nutrition and alternative therapies to "compliment" traditional medicine is something to consider. It will make a huge difference in the healing process. Chemo for example wipes out your entire immune system and with 80% of the immune system in your gut you can see how nutrition plays a critical role.

When I watched what my Mom had to endure during her fight with cancer I swore I would never do chemo or radiation. It was more horrifying than the cancer itself and seemed to do more damage than good in her case. Alternative therapies can be used in place of chemo or radiation in some cases. Because this is such a "scary" area there are amazing doctors who specialize in cancer treatment so make sure you do your research.

Some amazing herbs

There are herbs you can use to prevent cancer by giving the immune system the nutrition it needs and fighting the free radicals that cause cancer. Try to incorporate as much of the "good foods and herbs" on a daily basis and just as important - control your stress levels and keep a positive "mind set". Doing things on a daily basis for prevention sure seems better than panicking after the fact.

Cancer Fighting Herbs

Garlic aids in cancer prevention by raising the body's level of glutathione transferase, a liver enzyme known to detoxify the body of carcinogens.

Hawthorn aids the heart's pumping action by opening the coronary arteries to nourish the heart muscle. The herb can also slow a rapid heart rate and strengthen a failing heart.

Ginkgo Biloba extract from the ginkgo tree has been shown to benefit visual function by improving microcirculation to the eyes especially among patients suffering from senile macular degeneration, a common condition thought to involve free radical damage.

A strong antioxidant, **bilberry** benefits your circulatory system, eyes, heart and brain, and helps generate overall good health.

Studies have determined **echinacea's** ability to activate white blood cells and stimulate the regeneration of the cellular connective tissue and the epidermis.

More than 120 scientific studies have shown that **milk thistle extract** regenerates, regulates and strengthens liver functions. Because free radicals attack the liver, primarily the fat tissue in the liver, the antioxidant qualities of milk thistle are extremely beneficial. Milk thistle stimulates your body to produce superoxide dismutase, which is one of two primary antioxidants the body can manufacture.

Astragalus extracts can increase immune system efficiency by increasing immune activity. One study found that astragalus extracts could increase the impaired immune function of blood cells up to and sometimes beyond normal cell ability.

A Japanese study showed cancerous liver cells could be reverted to normal cells in a Petri dish culture when treated with **Panax ginseng** extract. **Siberian ginseng** has also been shown to stimulate the immune system.

How can you not be in love with nature!

Top Ten Cancer Fighting Foods

1 - Yellow and Green Vegetables

Broccoli, cabbage, cauliflower, and Brussels sprouts are the best known varieties of the 'cruciferous' vegetables and all have good records as cancer fighters because they're rich in 'phytochemicals' such as sulforaphane.

Spinach is a dark, leafy green vegetable high in antioxidants and rich in 'carotenoids' and folic acid, which are known to combat some cancers.

Pumpkin and carrots, which are high in 'beta-carotene', have been shown to have protective effects against stomach cancers.

2 - Tomatoes

Tomatoes are rich in antioxidants especially vitamin C and 'lycopene'. Antioxidants protect the body from cell and tissue damage, which is caused by harmful molecules called free radicals. Cooking tomatoes in foods such as spaghetti sauce can actually boost their ability to fight cancers.

3 - Oranges

Rich in vitamin C and 'bioflavonoids', oranges and their juice are thought to be able to improve the blood lipid (fats) profile, reduce oxidative stress, and improve blood levels of HDL cholesterol.

4 - Garlic

This pungent member of the onion family has been hailed for its therapeutic benefits, especially for cardiovascular conditions. Garlic has also been reported to lower blood cholesterol and confer protection against cancer development and progression, and to boost general immunity.

5 - Tea

Tea contains antioxidant 'polyphenols' called catechins. Green tea contains the highest levels of catechins, followed by oolong and black teas. Studies have shown catechins halt tumour cells and protect healthy cells from damage. Drinking three coffee-sized mugs of green tea a day might provide useful levels of polyphenols.

6 - High Fibre Foods

Either soluble or insoluble, dietary fibre (roughage) is not digested in the stomach or small intestine, as most other nutrients are. Some components of dietary fiber are broken down and digested in the large intestine (colon). Foods high in fiber such as grains, cereals, apples, and whole wheat are thought help protect against cancer of the colon.

7 - Peppers and Spices

Capsaicin, the active ingredient in hot chilli peppers, is thought to be able to kill cancer cells by damaging the cell membranes and limiting the amount of oxygen that reaches them. Many dried herbs we cook with, and some you may have in your garden, also contain very high concentrations of phytochemical antioxidants which have health benefits.

8 - Beans

Rich in isoflavones, a type of phytochemical, beans are thought to provide protection against prostate cancer. Soybeans have also been shown to have breast cancer-fighting properties as well as protective effects against cardiovascular disease.

9 - Olive Oil

One of the best and healthiest types of fat and high in phytochemical antioxidants and vitamin E. Olive oil is a major component of the so-called Mediterranean diet. Olive oil is thought to be helpful in prevention of breast and colon cancer.

10 - Berries

Berries including raspberries, blackberries, strawberries, cranberries, and red and purple grapes have high amounts of 'ellagic acid', a plant nutrient with protective effects against oesophageal and colon cancer in animals. Berries are also rich in powerful antioxidant flavonoids. Ellagic acid alone does not account for the fruit's ability to inhibit cancer, so a healthy diet should contain suitable quantities of fruit.

For more information related to this article please visit www.karmic-health.com or contact Sandi Star at 760.685.3154

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