

What can we do to decrease our risk of cancer?

Plant-Based Cancer Fighting Compounds:

1. **Anthocyanins** – acai berries, black currants, goji berries, grapes, plums and mangosteen - *inhibits tumor growth and DNA damage*
2. **Carotenoids** – apricots, carrots, kale, spinach and sweet potatoes - *acts as an antioxidant increasing immunity*
3. **Allicin** – garlic, leeks, onion, scallion and shallot allyl sulfides - *suppress wild cell growth*
4. **Limonoids** – grapefruit, lemon, lime, noni and orange – *detox cancer causing compounds in GI tract*
5. **Resveretrol** – grapes, peanuts and Japanese knotweed - *anti inflammatory*
6. **Catechins** – apples, berries and green tea – *inhibits enzyme reactions that lead to cancer – shown to reduce tumor size*
7. **Ellagic acid** – grapes, pomegranates, raspberries and strawberries – *inhibits tumor growth and angiogenesis*
8. **Lycopene** – grapefruit, tomatoes and watermelon – *protects against free-radical damage*
9. **Sulforaphane** – broccoli – *counteracts carcinogens and helps destroy cancer cells*
10. **Chlorophyll** – barley and wheat grass, chlorella, spirulina and leafy greens – *neutralizes toxins and enhances the immune system*