PHYTO- CHEWICAL	PERSONAL EXPAST CANCER PROFITING FROMENTY	FORES CONTAINING COMPOUNDS
FLAVONOID	estrogen blocking activity	oranges,grapefruits,carr ots,berries, tomatoes,peppers,brocc oli,cabbage,apples,tea,r ed wine
LIMONOIDS	INCREASE PRODUCTION OF ENZYMES THAT HELP THE BODY DESTROY CARCINOGENS,LARG E DOSES SHRUNK TUMORS IN ANIMAL STUDIES	CITRUS FRUITS
MONOPTER ENES	acts like antioxidants	citrus fruits,tomatoes,squash, mint,basil,broccoli,garlic yams
GENISTEIN	mimics estrogen(body makes less of the real hormone),estrogen blocker	soy products (tofu)
LIGNANS	exhibits estrogen blocking activity	flaxseed
INDOLES	stimulates enzymes that make the hormone estrogen less effective.retard growth of breast tumors in animals	broccoli,cabbage,caulifl ower,kale,brussel sprouts
ALLYL SULFIDES	may block actions of cancer causing chemicals	garlic,onions,leeks,chive

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MUTRACEUTICALS	THESE FOODS
CAPSAICIN	PEPPER FRUIT
GENESTEIN	SOY PRODUCTS
DAIDZEIN	LEGUMES=BEANS
CLA	BEEF & DAIRY
LACTOBACILLUS ACIDOPHILUS	YOGURT & DAIRY
DIALLYL SULFIDE	ONIONS,GARLIC
ELLAGIC ACID	GRAPES, STRAWBE RRIES, RASBERRIES, WALNUTS
LIMONENE	CITRUS
LUTEIN	EGGS
CARNASOL	ROSEMARY
CURCUMIN	TUMERIC
ALPHA-TOCPHEROL	NUTS,WHEAT GERM,AVOCADO