

Top Foods that Fight Cancer

In case you haven't seen the book *Foods that Fight Cancer: Preventing Cancer Through Diet*, I strongly suggest you pick up a copy and recommend it to your colleagues, friends, clients, patients, students, associates and family members. The book is authored by two leading cancer researchers, Drs. Richard Believeau and Denis Gringas. Dr. Believeau holds the Chair in the Prevention and Treatment of Cancer at the University of Quebec in Montreal. Dr. Gringas is a researcher in the Molecular Medicine Laboratory of UQAM – Sainte-Justine Hospital (Centre de Cancerlogie Charles-Bruneau and the University of Quebec at Montreal).

As stated in their book, "Nature supplies us with an abundance of foods rich in molecules with powerful anti-cancer properties, capable of engaging with the disease (cancer) without causing any harmful effects. In many respects, these foods possess therapeutic properties on par with those of synthetic drugs." In a very precise but understandable manner, the two researchers outline the many biological targets affected by bioactive nutrients in foods that can help prevent cancer and be used in the adjunctive management of cancer. More specifically, they highlight the research showing how specific food-borne bioactive molecules can do the following:

- Decrease free-radical damage to DNA, which is known to produce cancerous mutations;
- Strengthen immune system function, as various immune cells are known to destroy cancer cells (e.g., macrophages and killer T-cells);
- Inhibit angiogenesis of developing tumors;
- Block key signal transduction pathways required for cancer cell replication;
- Stimulate pathways that induce programmed cell death (apoptosis) of existing and emergency cancer cells;
- Enhance detoxification, helping neutralize and eliminate carcinogens;
- Promote cellular differentiation, which decreases the risk of healthy cells from becoming cancer cells;
- Block the formation of dangerous nitrosamines in the body;
- Block the synthesis of dangerous forms of estrogen and testosterone, which are associated with reproductive organ cancers;
- Slow the rate of cell replication, which is a key factor in reducing the frequency of genetic mutations that may occur;
- Blocking receptor sites on cells to prevent over-stimulation of hormones and growth factors, which, in turn, slows down the rate of cell division;
- Reduce the synthesis of inflammatory prostaglandin (series-2), which is also linked to increased cancer risk.

Foods That Fight Cancer

In addition to reviewing the world-wide evidence on this subject, the Nutrinome Project, conducted in their own lab, has shown that raw extracts from certain fruits and vegetables inhibit the growth of certain cancer cells to varying degrees. Using medulloblastoma cells (a very aggressive brain tumor), they showed that extracts of certain fruits and vegetables could inhibit the growth of these cancer cells in the following order, from those most effective to least effective: garlic, beet, kale, red cabbage, onion, turnip, cranberry, carrot, potato, squash, cabbage and tomato.

Since then, these researchers have gone further to show that blending some of these fruits and vegetables together into a cocktail and feeding it to immune-deficient mice (nude mice) who were injected with human lung cancer cells under their skin, resulted in better health outcomes than occurred in nude mice who were injected with lung cancer cells but did not receive the fruit and vegetable cocktail. (A more

in-depth description of these experiments and pictures of the mice can be found in the book *Anti Cancer: A New Way of Life*, by David Servan-Schreiber, MD, PhD). The specific brewed cocktail given to these mice closely matched what would be attainable for humans to mirror, and included:

- Cabbage
- Blueberries
- Brussel sprouts
- Broccoli
- Garlic
- Scallions
- Turmeric
- Black peppers
- Cranberries
- Grapefruit
- Green tea

The implication is that individuals who have cancer may wish to use a daily cocktail of this nature in conjunction with their standard medical treatment, as a means to enhance certain biological mechanisms that may help their body fight the disease.

Anti-Cancer Foods for Daily Use

For the rest of us, Drs. Beliveau and Gringas suggest there is a daily preventive threshold level of cancer-fighting foods that each of us should strive to attain. Their suggestions for the prevention of cancer include consumption of the following items each day:

- Brussel sprouts – ½ cup
- Broccoli, cauliflower, cabbage – ½ cup
- Garlic – 2 cloves
- Onions, shallots – ½ cup
- Spinach, watercress – ½ cup
- Soy (edame, dry roasted beans) – ½ cup
- Freshly ground flaxseeds – 1 tablespoon
- Tomato paste – 1 tablespoon
- Turmeric – 1 teaspoon
- Black pepper – ½ teaspoon
- Blueberries, raspberries, and blackberries – ½ cup
- Dried cranberries – ½ cup
- Grapes – ½ cup
- Dark chocolate (70 percent cacao) – 40 g (Heaping 2 ½ tablespoons)
- Citrus juice – ½ cup
- Green tea – three 250 ml servings (approx.. 8 ½ ounces)
- Red wine – 1 glass (5 ounces)

The word cancer strikes fear in the hearts of most Americans. It is also becoming a very common diagnosis for a large percentage of our population. Not only is this a horrifying disease, but the treatment costs are astronomical and will surely devastate the finances of any family. Any preventative measures that can be taken, and especially with the simple vegetable and fruit cocktail, will not only improve our overall health, but help to create another level of protection against cancer. This cocktail can be very tasty and inexpensive addition to our daily lives.