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## 4 Anti-Cancer Foods Revealed

*Four nutrient packed foods sure to fight off cancer or any illness that comes your way!*

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There is still a serious lapse in the Western approach to cancer treatment because diet is still not considered a crucial part of cancer prevention for many medical professionals - however, nutrition and a healthy diet are key to fending off diseases like cancer.

## Healthy Food is Key to Cancer Prevention

We are bombarded with information about what we can or cannot eat to reduce our cancer risks - here are some cancer-busting foodstuffs widely agreed upon by experts:

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## 1. Turmeric



Photocredit: Flickr / herbalrootszine

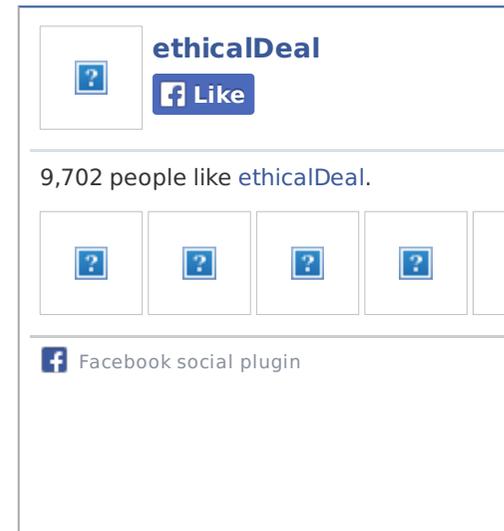
Dozens of both US and European studies have found turmeric to be one of the best cancer preventing spices. A study by the University of Leicester found that one of the main ingredients, curcumin, has cancer preventing properties and long-term trials are now being held into other side-effects of turmeric.

## 2. Berries



Photocredit: Flickr / brx0

Fruits that contain high levels of ellagic acid are well established anti-cancer foods because their presence in the body has been proven to stop spread of free radicals; as such, eating berries may be key to slowing or stopping cancer growth.



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### 3. Mediterranean Diet



Photocredit: Flickr / SummerTomato

A continental European diet including plenty of fresh vegetables and healthy fats also happens to be filled with anti-cancer foods! Not only is the Mediterranean diet delicious, but especially effective if you are sure to eat seasonal fruits and vegetables, which increases your intake of antioxidants. Authentic Italian or Spanish recipes is a great way to begin!

### 4. Cabbage



Photocredit: Flickr / Sister72

Don't groan - cabbage has excellent cancer preventing qualities! Vegetables within the brassica family including cabbage, cauliflower, kale, sprouts, and broccoli are known cancer-fighters. A Nutrition and Food Research Institute found that lung, colon, rectum, and stomach cancers are decreased in those who consume brassica veggies. They influence metabolism, the formation of DNA, and carcinogen growth due to **high glucosinolate content**.

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Colour your rice yellow with a spot of turmeric, use plant-based oils for cooking, and regularly eat cancer-busting fruit and vegetables to help yourself stay cancer-free. Pair this advice with our [top detox foods list](#), and find the endless possibilities of imaginative, ambitious dishes using anti-cancer foods!

## About the Author:

**Maryruth Belsey Priebe** has been seeking the keys to environmental justice – both at home and at work – for over a decade. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth’s work by [visiting her site](#).

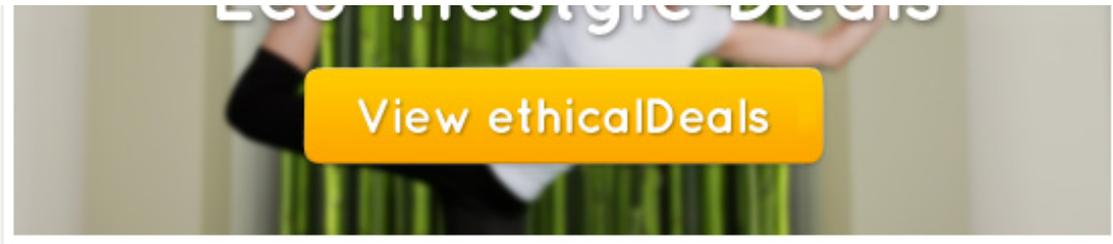
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