

12 Super Foods to Prevent Breast Cancer

Breast cancer is the most common cancer affecting women in the United States. The same is also true in the UK. The World Health Organization (WHO) predicts by 2020 breast cancer will be an even bigger problem than it is today. WHO and other health organizations around the world recognize that smart nutrition can play a significant control in reducing your risk of developing breast cancer. Eat the following foods and you fill your body with powerful cancer-fighting nutrients, minerals, antioxidants and vitamins.

1 – Spinach – Spinach does more than make Popeye strong. This richly green leafy vegetable contains an antioxidant called lutein which guards the cells in your breast against cancer development. Once breast cancer has been diagnosed, lutein also helps control the spread of the cancer.

2 – Tomatoes – The lycopene found in tomatoes is a powerful antioxidant that prevents the development of breast cancer.

3 – Turmeric – Curcumin is an inflammation-fighting, cancer cell-killing chemical in turmeric that gives this spice its trademark yellow color. Add turmeric to the other foods on this breast cancer prevention list for the most health benefits.

4 – Salmon – Salmon is a powerhouse of health. It contains essential omega-3 fatty acids the human body craves, but cannot develop on its own. They slow the growth of cancer tumors, and help prevent cancer by boosting your immune system. It doesn't hurt that wild caught salmon delivers high levels of vitamins B12 and D, and is a lean, low-fat protein.

5 – Garlic – Garlic has been used for thousands of years for its health-boosting properties. The sulfur found in garlic accelerates the natural restorative and repairing ability of your DNA. Garlic also kills cancerous cells in the breast, mouth, colon and stomach. For the best effect, peel and chop garlic cloves and let them sit for an hour before cooking.

6 – Flaxseed – Lignans are found in flaxseed. They protect against the development of cancer that depends on high levels of estrogen, like cancer found in the breast region. Flaxseed oil does the same, delivering the omega-3 fatty acid ALA, a cancer fighter as well.

7 – Blueberries – Many nutritionists consider blueberries one of the most perfect foods on the planet. They are packed with minerals, antioxidants and vitamins that not only help prevent breast cancer, but also keep cancer from spreading. Eat blueberries fresh whenever possible.

8 – Broccoli – Broccoli is hated by children everywhere, and loved by the human body. It is so healthy for so many reasons, full of dietary fiber that aids the

digestive system, and reduces your risk of breast cancer thanks to a chemical that actually turns cancer-causing estrogen into a form of estrogen which fights cancer.

9 – Pomegranate, Pomegranate Juice – Pomegranates are full of healthy antioxidants. They not only prevent the formation of cancer cells in the breast area, they also destroy cancer cells which have developed, without negatively affecting healthy cells.

10 – Walnuts – Walnuts contain healthy fats, proteins and nutrients that fight inflammation throughout the body. They have been shown to slow down the growth of breast cancer tumors. Eat an ounce or two of unsalted walnuts each day for heart health and breast cancer prevention.

11 – Apples – Do you peel the skin from your apples before eating it? If so you are missing out on fiber, antioxidants and other healthy compounds that fight the growth and spread of cancer cells.

12 – Cinnamon – Cinnamon is such a healthy spice that it is used in some medicines. It blocks a specific protein that supplies blood to cancer cells, and keeps breast cancer tumors from growing as well as spreading to other parts of

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