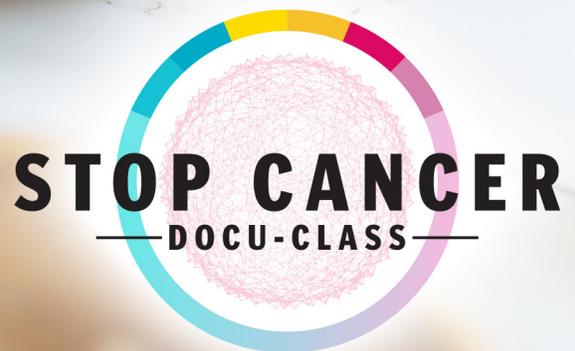


TOP 22

ANTI-CANCER

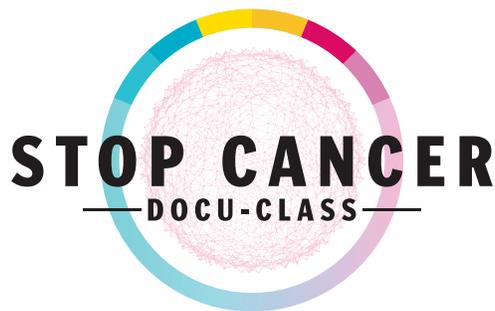
Foods & Nutrients



TOP 22

ANTI-CANCER

Foods & Nutrients



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ABOUT JONATHAN LANDSMAN

As the creator of NaturalHealth365 Programs, I've worked with some of the brightest minds in natural health and science. Having been in the health and fitness industry for over 35 years, I've produced over 500 health programs with over 300 of the finest integrative healthcare providers in the world.



Reaching millions of people, worldwide, I am committed to educating the public about the importance of eating a healthy, organic (non-GMO) diet; consuming high-quality nutritional supplements, as needed and participating in healthy lifestyle habits like, exercise, detoxification protocols and mind/body work, on a regular basis.

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As much as we wish this wasn't true: the threat of cancer is likely to remain with us – at least for the foreseeable future. According to the latest statistics from the American Cancer Society, a stunning 1.9 million new cases of cancer will be diagnosed in 2022. By year's end, over 609,000 Americans will have lost their battle with this deadly disease.¹ These figures, based on data collected through 2018 and 2019, don't even reflect the additional impact of the COVID-19 pandemic on cancer patients!)

The National Cancer Institute reports that lung cancer - which currently accounts for a quarter of all cancer mortalities - is the leading cause of cancer death. Other primary causes include cancers of the pancreas, colon, rectum and breast.²

HEARTBREAKING REALITY: PHARMACEUTICAL CANCER DRUGS FEATURE MANY UNWANTED SIDE EFFECTS

While conventional cancer therapies exist, they feature grave side effects. Chemotherapy and radiation treatments, which destroy healthy cells along with malignant ones, can cause thrombocytopenia (a shortage of blood platelets), lymphopenia - a drop in the body's infection-fighting white blood cells - and anemia, or low red blood cells. Other terrible effects include infection, severe nausea, vomiting, peripheral neuropathy, hair loss, "brain fog" and fatigue.³



CAN NUTRITIONAL STRATEGIES OFFER RELIEF?

In the hopes of preventing the development of this devastating disease, many have turned to nutritional and lifestyle interventions. While no one nutrient should be considered a "magic bullet" against cancer, the following anti-cancer foods and vitamins have been linked in studies to reducing cancer risk and for its abilities to destroy cancer cells.

You're about to discover nearly two dozen "superfoods," vitamins, minerals and herbs that can promote the health of vital body systems. This can help you to maintain a strong immune defense against pathogens, carcinogens and toxins.



Just keep in mind: Before using any of the following supplements, herbs or nutrients to address cancer, consult with an experienced integrative physician.

STUDIES: LYCOPENE IN TOMATOES HELPS PREVENT THE SPREAD OF TUMORS

Lycopene is the plant pigment, or carotenoid, responsible for the brilliant reds of tomatoes, the scarlet hue of watermelon and the pink coloration of red grapefruit. As far back as the mid-1980s, Harvard researchers asserted that lycopene-rich tomatoes may offer protection against prostate cancer.

A more recent review of studies published in *Journal of Biological Regulators and Homeostatic Agents* credits lycopene with interfering with the proliferation of cancer cells and slowing the progression of the disease, thereby helping to prevent malignant tumors from spreading to other sites in the body.⁴ Encouragingly, lycopene has been shown to decrease levels of cancer-promoting matrix metalloproteinases, or MMPs.

These harmful enzymes break down the protective matrix between cells, making them more susceptible to invasion by cancer cells.

Promising studies on lycopene continue to accumulate, with animal research published in the *American Journal of Cancer Research* showing that lycopene reduced ovarian cancer growth,⁵ and a recent review published in *Antioxidants* revealing that higher dietary intake of lycopene could protect against prostate cancer.⁶

You can boost your lycopene intake with guavas, tomatoes, watermelon, papaya, red grapefruit and sweet red peppers. Of course, organic fruits and vegetables are always preferable.



Lycopene is also available in supplementary form, with natural health experts typically advising 2 mg to 30 mg a day. However, get the okay from your doctor before supplementing with lycopene.

WALNUTS CONTAIN POWERFUL - AND RARE - ANTI-CANCER COMPOUNDS

Although walnuts may appear to be the most “ordinary” of snacks, they could have an extraordinary secret weapon against cancer: a trio of potent antioxidants that include tellimagrandin, juglone, and morin. Not only do these compounds reduce oxidative stress and inflammation that can trigger cancer, but studies have shown that they can suppress levels of a hormone known as IGF-1, which researchers say plays a key role in breast cancer.



Research seems to support the cancer-fighting powers of walnuts. In one animal study, scientists found that the equivalent of two handfuls a day of walnuts cut risk of breast cancer by 50 percent.⁷ And, a study published in the International *Journal of Oncology* reported that morin has strong anticancer activity against human colon cancer cells.⁸

It’s no surprise that the American Institute for Cancer Research reports that a diet that includes walnuts can help cut cancer risk! However, because these nutritious nuts are high in calories, they should be eaten in judicious amounts (about seven to 10 a day).⁹ Ideally, walnuts should be eaten in place of less-desirable snacks such as potato chips.

POMEGRANATES AND POMEGRANATE JUICE PROVIDE POTENT ANTIOXIDANTS

This luscious fruit is a rising star in the world of natural health, and for good reason. High in potent antioxidants such as ellagitannins and punicalagin, pomegranate is currently being investigated for its anti-cancer effects.

In a 2021 study published in *PLOS One*, the researchers noted that an extract made from pomegranate peels had “robust” effects in killing cancer

cells. In addition, a study published in *Cancer Biology and Therapy* showed that luteolin and ellagic acid from pomegranates interfered with the spread of ovarian cancer by inhibiting cancer-promoting MMPs.¹⁰

Natural health experts advise selecting 100 percent pure, high-quality, unsweetened pomegranate juice - and avoiding pomegranate “drinks” and “blends” that may contain inferior juices. Pomegranate is also available in supplementary form, with experts advising a formulation standardized to 30 percent punicalagins and 22 percent puniceic acid. Before trying pomegranate supplements, check with your integrative doctor.¹¹

THE CANCER-FIGHTING “SECRET” WITHIN BROCCOLI

Research has shown that a high dietary intake of cruciferous vegetables - such as broccoli, cauliflower and Brussels sprouts - is associated with a lower risk of cancer.¹² Scientists believe the “secret” cancer-fighting substance found inside vegetables like broccoli is sulforaphane.

In a new review published in *Frontiers in Nutrition*, the authors evaluated sulforaphane research while shedding light on the multiple mechanisms through which this potent natural compound targets cancer cells. A 2020 review of clinical studies indicates that cruciferous vegetables rich in sulforaphane may reduce the risk of breast cancer.¹³

Cruciferous vegetables do “double duty” against cancer by providing healthy amounts of dietary fiber, which has been shown in multiple studies to significantly reduce the risk of colon cancer. Broccoli, Brussels sprouts, cabbage, cauliflower, radishes, turnips, kale, arugula and watercress all “make the cut” when it comes to membership in the super-healthy family of cruciferous vegetables - so enjoying these beneficial foods really might help cut your cancer risk!



THE POWER OF MEDICINAL MUSHROOMS: WHY YOU SHOULD CONSIDER CORDYCEPS SINENSIS

This cancer-fighting nutrient - a parasitic fungus found exclusively on the heads of Tibetan caterpillars living at high altitudes - may sound implausible, to say the least. However, natural health experts say that *Cordyceps sinensis* can help reduce risk of cancer cell growth by improving immune system cell function.

In fact, no less an authority than Memorial Sloan-Kettering Cancer Center reports that cordyceps has antitumor effects. A 2018 study in *Journal of Ethnopharmacology* showed that cordyceps inhibited the spread of breast cancer cells.¹⁴

As a food, cordyceps has an impressive nutritional profile. This intriguing fungus is rich in amino acids, B-complex vitamins and oleic acid (the healthy monounsaturated fat found in olive oil).¹⁵ Cordyceps is available as a supplement and nutraceutical, with natural health experts typically recommending serving amounts of two to three grams a day with food. As always, get the “thumbs-up” from your integrative doctor before trying cordyceps.

RED ALERT: FIND OUT HOW BEETS CAN HELP YOU AVOID CANCER CELL GROWTH

Beet roots are a rich source of nitrates, which help to improve blood flow, lower blood pressure and promote heart health. However, the benefits of ruby-red beets appear to extend far beyond the cardiovascular system. Botanically known as *Beta vulgaris*, beets are also being investigated for their potential in fighting cancer.

Scientists say that betacyanine, a flavonoid in beets, has tumor-inhibiting effects. And a second flavonoid, known as betaine, can potentially reduce levels of pro-inflammatory homocysteine, helping to quench the systemic inflammation that can trigger cancer. Betaine also helps to discourage the onset of fatty liver disease, thereby helping to promote the health of the liver - which experts say is the first line of defense against cancer.¹⁶



Beets are a great all-around food that can not only increase beneficial oxygen intake within the cells, but help to preserve levels of vitamin C, another important anti-cancer nutrient. You can enjoy roasted beets as a satisfying side dish, cook them with carrots or kale, or give them a starring role in a tangy beet salad.

Of course, drinking beet juice is also a good option, with natural health experts advising two glasses a day for heart and chemoprotective benefits. For a more pleasant taste, dilute beet juice with the juice of other cleansing, nutritious fruits and vegetables, such as apples and carrots. By the way, drinking beet juice regularly can give urine and stools a pinkish color - a startling but ultimately harmless consequence.

UNLEASH THE POWER OF CITRUS FRUITS

Research has revealed that citrus fruits such as oranges and grapefruits contain a virtual “arsenal” of cancer-preventive compounds. In addition to dietary fiber and vitamin C, these foods deliver potent antioxidants such as lycopene, lutein and hesperidin - all of which can neutralize harmful free radicals. So, it’s not surprising that citrus fruit intake is associated with a reduced risk of multiple cancer types, including cancers of the digestive and respiratory tracts.¹⁷

In a meta-analysis of studies published in *Medicine*, researchers found that a diet high in citrus fruits could reduce the odds of developing esophageal cancer by an impressive 37 percent, when compared with participants eating the lowest amounts.¹⁸

Cancer-preventive citrus fruits include tangerines, clementines, mandarin and navel oranges, lemons, limes and grapefruits. For maximum lycopene and antioxidant content, opt for pink grapefruit over yellow varieties. However, grapefruit can interact with certain prescription medications, so ask your doctor about grapefruit if you are taking any medication.



DISCOVER THE MANY WAYS THAT SILYMARIN IN MILK THISTLE CAN ATTACK CANCER CELLS

Herbal healers have long treasured milk thistle for its ability to cleanse the liver and reduce the risk of illnesses such as hepatitis and NAFLD. But this scrubby-looking, humble roadside weed may possess yet another valuable therapeutic “feather in its cap.”

Recent studies support the ability of silymarin, a flavonoid found in milk thistle, to attack cancer while leaving normal cells unharmed and to suppress the invasiveness of various cancers by interfering with the production of MMPs.¹⁹ In a 2019 study published in *Oncology Reports*, researchers found that silymarin significantly decreased the survival and migration of cancer cells. The team discovered that silymarin worked by interfering with the MAP-Kinase pathway, a chain of proteins involved in the growth of cancer cells.²⁰

Clearly, these are encouraging findings! While more research is needed, multiple scientists have remarked on silymarin’s exciting potential for development as a cancer treatment.

Milk thistle extract is available in the form of tablets, capsules, and teas. Integrative healthcare providers typically advise milk thistle serving amounts in the area of 100 mg to 450 mg a day, but be sure to check with your integrative healthcare provider before taking milk thistle.

RESEARCHERS SAY: TURMERIC COMPOUND HAS “COMPREHENSIVE AND DIVERSE” ANTI-CANCER MECHANISMS

Turmeric, the brilliant yellow spice popular in Indian cuisine, has a “secret weapon” against cancer - a flavonoid called curcumin. Known for its antioxidant, antimicrobial and anti-inflammatory effects, curcumin is involved with Phase I enzymes that are responsible for detoxifying and neutralizing carcinogens in the body.²¹

Preliminary research on curcumin’s potential against cancer has been encouraging. The American Cancer Society credits this plant pigment with the ability to slow the growth of - and even kill - cancer cells in the lab. In addition, animal studies have shown it can shrink tumors.



In a review published in *Molecular Cancer*, the authors concluded that - like silymarin in milk thistle - curcumin interferes with molecular pathways involved in cancer spread, making it a promising cancer treatment.²² By the way, many scientists believe that the low incidence of colon cancer in India stems from the popularity of turmeric in recipes.

So, go ahead and sprinkle this piquant, colorful spice liberally into sauces, salads and soups. Curcumin is also available in supplementary form - but discuss the matter with your qualified healthcare provider before trying supplementation.



WHY MAGNESIUM IS A “MUST-HAVE” FOR AVOIDING CANCER

Magnesium deficiency is widespread in the United States - with the World Health Organization reporting that less than 60 percent of the American adult population ingests enough of this essential mineral. Natural health experts maintain that magnesium levels in grains have dropped by an average of almost 20 percent in the last 80 years, as nitrogen, potassium and phosphorus in modern fertilizers compete with magnesium in the soil for absorption.

This is truly unfortunate - because magnesium is needed for an astounding 300 different metabolic processes, including the contraction of muscles, the transmission of nerve impulses and the synthesis of DNA.²³



In a study published in the *British Journal of Cancer*, researchers examined the relationship between magnesium and pancreatic cancer in over 66,000 older adults. They found that if magnesium intakes dropped to less than 75 percent of the recommended dietary allowance (established by the Institutes of Medicine as 420 mg a day for men and 320 mg a day for women), the risk of pancreatic cancer soared by a dramatic 76 percent!

In fact, the odds of pancreatic cancer increased up to 25 percent for every 100-mg decrease in daily intake.²⁴

You can boost your dietary intake of magnesium by eating healthy amounts of green leafy vegetables, legumes and nuts. For example, spinach is the magnesium “high-ringer,” with a cup of cooked leaves providing 157 mg - over a third of the adult daily value! Other good sources of magnesium include, Swiss chard, almonds, avocados, figs, dark chocolate and pumpkin seeds.

LOWER YOUR RISK OF CANCER WITH THIS “DYNAMIC FOOD DUO”

Onions and garlic, both members of the allium family of vegetables, are packed with cancer-fighting constituents. Onions, for example, contain over two dozen antioxidants and flavonoids, including fisetin and quercetin. The most significant of these, however, could be a sulfur-containing compound known as onionin A, which has been shown to decrease tumor development and slow the spread of ovarian and lung cancer in cell studies.²⁵



As for garlic, it contains a potent antioxidant compound known as allicin. Clearly, this pair of pungent vegetables can play an important role in cancer protection. According to a 2019 Chinese study published in *Asia-Pacific Journal of Clinical Oncology*, consumption of allium vegetables is linked to a 79 percent lower risk of colon cancer.²⁶

By the way, the more pungent the onion, the more flavonoids it contains. Yellow onions are more chemoprotective than their paler Vidalia relatives,

while red onions - which also contain cancer-fighting anthocyanins - are believed to be the most beneficial of all.

HOW DOES N-ACETYL-CYSTEINE HELP TO WARD OFF CANCER CELL GROWTH

N-acetyl-cysteine (or NAC) is a supplemental form of cysteine, an amino acid found in high-protein foods. Cysteine is extremely important because it - along with the amino acids glycine and glutamate - is a building block for glutathione, the body's "master antioxidant" and most important detoxifying agent.

In addition to boosting the immune system and promoting glutathione production, NAC may block the replication of cancer cells. A 2017 study published in the peer-reviewed *Seminars in Oncology* showed that NAC supplementation had "anti-proliferative" effects in subjects with newly diagnosed breast cancer. The team noted that NAC appeared to work by interfering with cancer cell metabolism and depleting cancer cells of nutrients.²⁷

Good dietary sources of cysteine include poultry, eggs, yogurt, onions, chickpeas, sunflower seeds and cruciferous veggies. Three specific B vitamins - folate, vitamin B6 and vitamin B12 - are needed for efficient production of cysteine in the body in the first place. You can ramp up your levels of these nutrients with cold-water fatty fish, bananas and beans.²⁸

NAC is available in supplementary form, with natural healers advising serving amounts of 600 mg to 1,800 mg a day. Before trying NAC, consult with your integrative physician.

USE ZINC TO HELP PROTECT AGAINST DEADLY ESOPHAGEAL CANCER CELLS

Zinc, an essential mineral, is indispensable for proper immune system function. It also appears to play a vital role in protecting against cancer.

Noted cancer researcher Zui Pan calls zinc "very important" for cancer



prevention, and reports that many cancer patients suffer from zinc deficiencies. “This is why it’s important to have a good diet,” Pan remarks.

In a study published in the journal of the *Federation of American Societies for Experimental Biology*, a team of researchers led by Pan found that zinc may have potential against esophageal cancer, a particularly lethal form with an average five-year survival rate of only 20 percent. The scientists found that zinc targets esophageal cancer cells while leaving healthy cells unharmed.²⁹

The Office of Dietary Supplements recommends that men ingest 11 mg of zinc a day through diet, while women should get 8 mg.³⁰ You can boost your intake with oysters or grass-fed beef. Good plant-based sources of zinc include organic spinach and pumpkin seeds.

A “ZEST” FOR LIFE: BRIGHT YELLOW LEMON PEELS CONTAIN ANTI-CANCER COMPOUNDS

Citrus fruits, with antibacterial, antioxidant, anti-inflammatory and anticancer properties, are truly a boon to health. But researchers say that even more potent compounds are contained in a part of the fruit that is not normally consumed.

Lemon peels have long been valued in the Ayurvedic healing system for their detoxifying and cleansing properties - and recent research appears to support this ancient wisdom. While more study is needed, scientists have recently focused attention on D-limonene in citrus peels as an immune system-boosting antioxidant that may help prevent and treat cancer. Lemons and lemon peels also contain pectin, a fiber which has been shown to impede the spread of breast, prostate and skin cancer.³¹

Next time you’re using lemons in juices or recipes, consider washing and grating the peels (in fact, you may see grated lemon peels referred to as “lemon zest” in recipes) and incorporating them into baked goods, seafood dishes and salads. With each lemon containing about 300 mg of D-limonene in the flesh and peel, this is a good way to boost intake of this cancer-fighting compound.



STUDIES PROVE: COQ10 PROMOTES CANCER CELL “SUICIDE”

Coenzyme Q10, a vitamin-like nutrient also known as ubiquinone, is currently being investigated as a potential integrative therapy for cancer patients. In a University of Miami study presented at a meeting of the American Association for Cancer Research, researchers reported that CoQ10 promoted apoptosis, or pre-programmed cell suicide, in cancer cells.

Intriguingly, CoQ10 achieved this by modulating the protein that causes resistance to cell death in the first place. According to lead investigator Dr. S.L. Hsia, “This is the first time in history we have been able to selectively teach a cancer cell to kill itself with CoQ10...without harming healthy cells.” The team found that adding CoQ10 to prostate cancer cells inhibited growth by 70 percent within 48 hours, while in animal studies topical application of CoQ10 reduced tumor mass by 55 percent.³²

In addition to CoQ10’s ability to target cancer cells, it helps to protect against disease and strengthen the immune system by boosting levels of infection-fighting T-4 cells. Eating healthy amounts of grass-fed beef liver and wild-caught cold-water fatty fish can help promote adequate CoQ10 levels.

Good vegan sources include organic, raw peanuts and whole grains. Natural healers typically advise CoQ10 serving amounts from 30 mg to 200 mg a day, to be taken with a meal that includes healthy fats for better absorption.³³ However, get the okay from your integrative doctor before supplementing with CoQ10.

GREAT NEWS: QUERCETIN-RICH DIETS ARE ASSOCIATED WITH LOWER CANCER RISK

Quercetin, a flavonoid found in fruits and vegetables, helps to protect plants against damage from extreme temperatures and infections. As it turns out, this antioxidant compound may extend protective courtesies to humans, as well.

Although it is by no means a “silver bullet” against harm from tobacco use, studies suggest that quercetin is particularly beneficial for smokers. Animal studies have shown that quercetin has a protective effect against cancer-



causing chemicals found in cigarette smoke and diesel exhaust - and can help prevent the formation of malignant lung cancer lesions.³⁴

In an influential study published in *Carcinogenesis*, participants with quercetin-rich diets had a 51 percent lower overall risk of dying from lung cancer, with heavy smokers cutting their risk by a hefty 65 percent.³⁵ In a Swedish study published in *Annals of Oncology*, high-quercetin diets caused a 43 percent reduction in deaths from stomach cancer. The protective effect was particularly strong for female smokers, who slashed their risk by an astonishing 80 percent!³⁶

Of course, experts say that the single most important thing you can do to cut cancer risk is to stop smoking. However, if you haven't yet been able to quit, eating plenty of quercetin-rich fruits and vegetables is clearly a wise move.

The takeaway: smokers and non-smokers alike can benefit from healthy amounts of quercetin, which is found in grapes, red onions, tomatoes, apples, blackberries, blueberries and citrus fruits. Quercetin is also available as a supplement - but check with your integrative healthcare provider before trying it.

PARSLEY: THIS DECORATIVE GARNISH HAS A “SECRET IDENTITY” AS A CANCER FIGHTER

Although this feathery-looking green herb is traditionally used as a garnish, its value extends far beyond mere decoration. In addition to containing antioxidants such as lutein, vitamin C and vitamin A, parsley is rich in apigenin - which is currently being studied for its potential against breast cancer.



Researchers at University of Missouri found that apigenin worked in three different ways to inhibit breast cancer cells: by inducing cell death, inhibiting proliferation and reducing expression of a gene associated with cancer cell growth.³⁷

Natural health experts say that even a tablespoon of chopped fresh parsley contains enough apigenin for anti-cancer benefits, so, it's not necessary to consume large amounts. Simply reach for the fresh parsley when you're looking to add flavor, color and health-protective effects to salads, soups and sandwiches.³⁸

CELERY: THE “CLARK KENT” OF VEGETABLES IS REALLY A CANCER-FIGHTING SUPERHERO

With its mild flavor, pale color and (undeserved) reputation as a food with little nutritional value, celery seems like a “forgettable” vegetable. But this under-appreciated food is really a health “superhero,” packed with antioxidants such as caffeic acid, ferulic acid and quercetin.

Like its relative parsley, celery contains apigenin, which has been found to inhibit the initiation, progression and metastasis of tumors. In a review published in 2016 in *Journal of Cancer Protection*, the authors credited apigenin-rich celery with varied and powerful anti-cancer properties.

These include suppressing the progression of prostate cancer, reducing levels of pro-inflammatory molecules that can trigger cancer, decreasing blood vessel growth to tumors and promoting apoptosis. The team concluded that apigenin from celery is beneficial in both the prevention and treatment of many types of cancer.³⁹

Obviously, celery is worthy of being used as far more than just a decorative garnish in a glass of tomato juice. Aside from adding it to salad and serving it with dips or hummus, you can braise celery and serve it as a side vegetable - leaves and all.



SCIENTIFICALLY VALID: HIGH-DOSE VITAMIN C OUTPERFORMED EXPERIMENTAL DRUGS IN DESTROYING CANCER CELLS

Strongly antioxidant and anti-inflammatory, vitamin C has been called “the muscle of the immune system.” Also known as ascorbic acid, vitamin C has shown potential to prevent the recurrence of tumors - which it accomplishes by targeting cancer stem cells that promote tumor growth.⁴⁰

In a study conducted at the University of Salford in Manchester and published in the peer-reviewed journal *Oncotarget*, scientists found that high-dose intravenous vitamin C depleted cancer cells of glutathione, causing them to undergo oxidative stress and apoptosis. The team reported that the high-dose therapy worked ten times more effectively than an experimental drug known as 2-DG.⁴¹ The impressed researchers called the results “exciting.” Noting that vitamin C is non-toxic, inexpensive and readily available, the team declared the nutrient a “promising new agent” for cancer treatment.

You can boost your dietary intake of vitamin C through citrus fruits, strawberries, kiwi fruit and red bell peppers. Naturally, these foods are also rich in dietary fiber, quercetin and a gallery of health-sustaining and cancer-fighting antioxidants. As always, opt for organic produce whenever possible. If you are interested in high-dose vitamin C therapy, which is available at many holistic clinics worldwide, speak with your integrative healthcare provider to work out a plan of action.

VITAMIN D: HEALTHY LEVELS OF THE “SUNSHINE VITAMIN” IS CRUCIAL TO AVOIDING CANCER

Vitamin D, a vitamin-like hormone created in the skin in response to sunlight, plays an important role in immune system health, with deficiencies linked to higher risk of respiratory diseases. Now, there is evidence that the “sunshine vitamin” can protect against cancer as well.

According to noted cancer researcher Dr. Cedric F. Garland, healthy levels of vitamin D have been associated with lower risk of cancers of the breast,





lung and bladder. Research published in *PLOS One* showed that having vitamin D levels of 40 ng/mL or higher resulted in a 67 percent lower risk of cancer - compared with vitamin D levels of 20 ng/mL or less.⁴²

Ironically, 20 ng/mL is the recommended level advised by conventional medical doctors. But, as many integrative physicians have long asserted, it takes at least double that amount for cancer-protective benefits to occur – with even higher levels affording even greater benefit.

Unfortunately, vitamin D deficiency is common in the United States, causing many to have insufficient protection against cancer. You can boost your vitamin D intake with oily fish, raw dairy products, pasture raised eggs, mushrooms and non-GMO soy.

But, while prolonged sun overexposure can lead to skin cancer, the fact is: getting appropriate amounts of sunlight is considered the best way to create vitamin D in the body. Natural health experts advise getting 20 minutes of direct sun a few times a week. For longer periods of time in the sun, you should consider putting on protective clothing or use a non-toxic sunscreen.

Keep in mind, if you're deficient in vitamin D, supplementation is often the only way to increase your levels of vitamin D – especially if you live in a northern climate. Natural health experts usually recommend between 5,000 IU to 10,000 IU of vitamin D3 (the most active form of the nutrient) per day - but individual needs vary according to age, sex, health, weight and even climate.⁴³ Consult your integrative doctor for guidance on supplementing.



VITAMIN B3 CUTS SKIN CANCER RISK

A year-long study published in the *New England Journal of Medicine* showed that nicotinamide, a form of vitamin B3 (which is also known as niacin), substantially decreased the chance of high-risk patients developing non-melanoma skin cancer. The supplemented group had 20 percent fewer diagnoses of basal cell carcinoma, along with a 30 percent reduced risk of squamous cell carcinoma.

The researchers noted that nicotinamide enhanced the body's ability to produce a molecule known as ATP - which is needed to repair DNA and protect the skin from ultraviolet radiation. "This is the first clear evidence that we can reduce skin cancers using a simple vitamin, together with sensible sun protections," the team announced.⁴⁴

You can boost your intake of vitamin B3 by eating pasture raised poultry and grass-fed meat, as well as organic portobella mushrooms, avocados, and sunflower seeds. If you are interested in supplementing with vitamin B3, consult with a qualified integrative healthcare provider.

SCIENTISTS: GINGER INTERFERES WITH GROWTH OF CANCER CELLS

Ginger root has been valued for thousands of years both as a versatile cooking spice and a trusted herbal remedy for nausea, headaches and joint pain. A close relative to turmeric, ginger has similar antioxidant and anti-inflammatory effects - and may even activate the molecular mechanisms that cause cancer cells to extinguish themselves.



In one study, ginger inhibited the growth of breast cancer cells while leaving normal cells unharmed, a process known as selective cytotoxicity. A University of Minnesota animal study showed that gingerols, a group of compounds found in ginger, resulted in 75 percent fewer tumors and smaller tumor sizes.⁴⁵ While more study is needed, many scientists believe

that ginger can inhibit many types of cancer – including those of the breast, prostate, colon, liver and lungs.

Add fresh or powdered ginger root to recipes, mince fresh ginger to use in a tangy salad dressing, juice it into an energizing “ginger shot” or even steep it into a refreshing tea. No matter how you “slice” it, this sweet and spicy herb should be part of your cancer-protective regimen.

Sometimes, it seems that carcinogens and toxins are lurking everywhere - from environmental pollution in the air that we breathe to heavy metals and chemicals in the food we eat. It’s good to know that wholesome, natural nutrients exist to ease some of the toxin burden, promote optimal health and, ideally, reduce cancer risk.



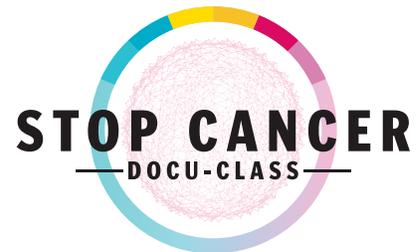
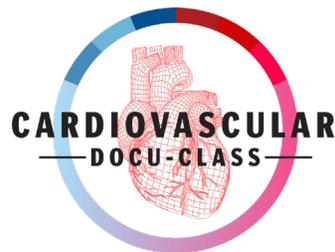


Click the images below to learn more about our quality online health programs available today.

Each one of these programs can be viewed online from any computer or mobile device.

Most importantly - as you watch these programs – you'll discover the best ways to safely detoxify the body, regenerate healthy cells and greatly improve immune system function.

Don't wait until you experience a serious health crisis. Educate yourself today about the best ways to avoid becoming a medical statistic. The rewards are worth the effort.



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