

[IMAGE]

3 Ways To Fight Cancer

By Editorial Staff

Blueberries

Blueberries contain antioxidants called anthocyanidins, which give the berry its distinctive color. Research suggests these potent compounds may help combat free-radical damage at the cellular level, reducing the risk of cancer and other diseases.

Broccoli

Broccoli and other cruciferous vegetables such as cauliflower and cabbage contain phytochemicals that help fight cancer, according to researchers. One of the components, sulforaphane, appears to help prevent tumor development.

Garlic

According to the National Cancer Institute, several studies suggest consumption of garlic may help reduce cancer risk, including cancers of the stomach, colon, pancreas and breast, perhaps by inducing cell death or blocking the formation of cancer-causing substances.

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