

[IMAGE]

Bad Breath Acceptable

Vampires and cancer, beware! Garlic, onions and the other allium vegetables are known to help ward off many forms of cancer, including those of the stomach, esophagus and colon. The Chinese include a high amount of these vegetables in their diets, and also have the lowest rates of prostate cancer in the world.

A recent study conducted in Shanghai, China, and appearing in the *Journal of the National Cancer Institute* examined the diets of 238 men with prostate cancer and 471 cancer-free men of similar ages randomly selected from the general population. Specifically, amounts of allium vegetables (garlic, onions, scallions, shallots, chives and leeks) eaten were compared between the two groups.

Men who ate the most allium vegetables (a mere one-third of an ounce per day or more) were 50% less likely to have prostate cancer than those who ate the least. Scallions and garlic appeared to reduce cancer risk the most; men who ate the most scallions reduced their risk for prostate cancer by 70%.

Try to include about two cloves of garlic per day in your diet, and enjoy an assortment of scallions and onions. Besides adding flavor to foods, they offer multiple health benefits and boost your immune system. Men should also consume tomato products as another weapon in the fight to ward off prostate cancer, as they provide a powerful antioxidant called *lycopene*.

Reference:

Hsing AW, Chokkalingam AP, et al. Allium vegetables and risk of prostate cancer: A population-based study. *Journal of the National Cancer Institute* 2002;94(21), pp. 1648-1651.

Additional information on the benefits of proper nutrition can be found at <http://www.chiroweb.com/tyh/nutrients.html>.

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