

[IMAGE]

## Can't Stomach Cancer? Eat More Nuts

By Editorial Staff

If you're not eating nuts, you should be, because research suggests nut consumption lowers the risk of suffering numerous forms of cancer. The latest connection: A subtype of gastric cancer known as gastric noncardia adenocarcinoma (cancer of the lower stomach) may be less likely to develop in people who consume nuts or peanut butter regularly. In particular, study subjects who consumed the highest quantities of nuts / peanut butter were less likely to develop the cancer subtype than subjects who consumed the lowest quantities of nuts / peanut butter.

When it comes to cancer, nuts may be one of your best allies. Research already suggests regular nut consumption is associated with a reduced risk of colorectal, endometrial, lung and pancreatic cancer. Now add gastric noncardia adenocarcinoma to that list, which will likely continue to grow. Talk to your doctor about the benefits of nut consumption as part of a healthy diet. To learn more about how diet impacts cancer risk, [click here](#).

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