

[IMAGE]

The Anti-Cancer Combo

By Editorial Staff

The dreaded "C" word strikes fear into even the hardest of souls, and for good reason. Cancer is one of a ever-declining group of health scares that resists a cure. Sure, early detection strategies are improving and rates of remission continue to climb with many types of cancer, but it's still one of the few diagnoses no one ever wants to hear. Fortunately, simple strategies continue to be revealed that can reduce your cancer risk.

Take lifestyle. Experts suggest nearly nine in 10 cancers are caused, directly or indirectly, by lifestyle factors. We're talking about your diet, how much you exercise, whether you smoke and/or drink, how stressful your life is, and even the quality of your sleep. All of these factors and more can influence cancer risk – but what's the best combination to help prevent cancer? Researchers may have the answer, and it's a three-part combination that's straightforward and easy to achieve: omega-3s, vitamin D and strength training.

prevention is better than cure - Copyright â Stock Photo / Register Mark The three-year study evaluated more than 2,000 adults (ages 70 and older) and generally healthy at the start of the investigation. Over the course of three years, a few of the subjects did develop cancer, but those who took 2,000 IU of vitamin D or 1 gram of omega-3 fatty acids daily, or did consistent at-home strength-training exercises, had a significantly reduced risk: 24 percent lower for those who took vitamin D, 26 percent lower for those exercised and 30 percent lower for those who took omega-3s.

Seniors who pursued two of the three experienced even greater risk reductions; however, those who took vitamin D and omega-3s, *and* performed strength training, had the greatest risk reduction by far: a whopping 61 percent lower risk of developing cancer. Study findings appear in the research journal *Frontiers in Aging*.

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