

[IMAGE]

Alcohol, Breast Cancer and Folate

Approximately 180,000 new cases of breast cancer are diagnosed each year in the United States. One out of every eight women in the U.S. is at risk for developing breast cancer, and women who drink alcohol regularly only increase their risk.

But the news isn't all bad. A study published in the *Journal of the American Medical Association* found that high folic acid intake was associated with a lower risk of breast cancer among women who consumed more than 15 grams a day of alcohol (approximately 1 beer, 5 ounces of wine, or 1 shot of liquor).

Green-leaf vegetables, fruits, brown rice, chicken, barley, dates and certain seafood (salmon and tuna) are all good sources of folic acid, and many multivitamins provide the recommended daily requirement. Ask your chiropractor to help outline a nutritional program specific to your needs.

Reference:

Zhang S, Hunter D, Hankinson S, et al. A prospective study of folate intake and risk of breast cancer. *Journal of the American Medical Association*, May 5, 1999: Vol. 281, No. 17, pp. 1632-1641

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