

[IMAGE]

## 8 Ways to Avoid Cancer

By Editorial Staff

Everyone dreads the "C" word. The unfortunate reality is that in the United States, approximately 3,400 people are diagnosed with cancer and an estimated 1,500 die each day. With 47 million uninsured people in the U.S. and countless others with insurance that doesn't cover cancer, you owe it to yourself to do everything you can to steer clear of these devastating diseases. Lung, prostate, colon and breast cancers are the most common causes of cancer deaths, accounting for more than half of the total cancer deaths among men and women. So consider these strategies for keeping cancer at bay, courtesy of msnbc.com.

### **Eat Blueberries**

Bowl of blueberries. - Copyright © Stock Photo / Register Mark Aside from being a healthy and delicious snack, blueberries contain pterostilbene, which has important colon cancer-fighting properties. But wait, it gets better. Blueberries also offer a large dose of vitamin C (14 milligrams per cup). In a study of 42,340 men, those with the highest vitamin C intake were 50 percent less likely to develop premalignant oral lesions than men with the lowest intake. So at breakfast, try to incorporate a cup and a half of blueberries in your cereal or yogurt, or mixed with other berries.

### **Pomegranate juice. - Copyright © Stock Photo / Register Mark Drink Pomegranate Juice**

The deep red juice of the pomegranate contains polyphenols, isoflavones and ellagic acid, which together create a potent anticancer concoction. In previous studies, it has been shown to delay the growth of prostate cancer in mice, and it stabilizes PSA levels in men who have been treated for prostate cancer. Most recently, researchers from the University of Wisconsin at Madison have discovered that 16 ounces of pomegranate juice per day also may inhibit the growth of lung cancer.

### **Smooth stones stacked on top of each other. - Copyright © Stock Photo / Register Mark Relax**

Feeling stressed or worried? Find ways to relax and you may reduce your chances of developing cancer. Purdue University researchers tracked 1,600 men over 12 years and found that half of those with high levels of worry died during the study period. Only 20 percent of the optimists died before the study was

completed, while 34 percent of the neurotic men died of some type of cancer. Instead of stressing about the past or future, focus on the present and relax!

### **Take Selenium**

Pile of Brazil nuts. - Copyright © Stock Photo / Register Mark Selenium is well-known for its cancer-fighting properties. In a study of almost 1,000 men, researchers from the Journal of the National Cancer Institute found that when men with the lowest initial levels of selenium in their bodies received a daily supplement over a 4½-year period, they cut their prostate cancer risk by a remarkable 92 percent. However, it is possible to get too much of a good thing, so monitor your intake of selenium-containing supplements, Brazil nuts, tuna, meats and grains carefully.

### **Eat Sushi**

Sushi. - Copyright © Stock Photo / Register Mark Seaweed may not be your idea of a great snack, but it is high in fiber, calcium and iron, and dry, roasted seaweed sheets used in sushi provide the additional benefits of vitamins A and C. Sushi rolls are also high in protein - a typical spicy tuna roll has only 290 calories but packs 24 grams of protein. When scientists fed brown seaweed to mice inundated with UV rays, their incidence of skin tumors dropped 60 percent and existing tumors diminished by 43 percent. So don't skimp on the sushi!

### **Enjoy the Outdoors**

Pinecone. - Copyright © Stock Photo / Register Mark Vitamin D causes early death of cancer cells. A study published in the American Journal of Clinical Nutrition reported that women who supplemented their diets with 1,000 international units of vitamin D every day had a 60 percent to 77 percent lower incidence of cancer over a four-year period than did women taking a placebo. Experts recommend supplementing your fun in the sun with 1,100 to 2,000 IU of vitamin D each day.

### **Breathe Clean Air**

Crushed out cigarette. - Copyright © Stock Photo / Register Mark There's no question that secondhand smoke kills. A recent American Journal of Public Health study showed that nonsmokers working in smoky places had three times the amount of carcinogen in their urine than nonsmoking workers in smoke-free locations. What's worse, their levels of the carcinogen rose 6 percent for every hour worked. Nine states

have banned smoking in all workplaces, bars and restaurants. The message is clear: Do whatever you can to avoid the cloud of smoke.

### **Break a Sweat**

Barbell. - Copyright © Stock Photo / Register Mark Even a small amount of exercise can offer major cancer-fighting benefits. In a study of 29,110 men published in the International Journal of Cancer, men who exercised just once a week had a 30 percent lower risk of metastatic prostate cancer than men who didn't work out at all. The better the frequency, duration and intensity of the exercise, the bigger the reduction in risk, according to the study.

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