

27

Foods

That Help
Prevent And
Heal Cancer

INTRODUCTION

The cancer epidemic is raging out of control today, needlessly taking the lives of millions of people.

Meanwhile the costs of healthcare continue skyrocketing even higher – pushing more and more individuals and entire families into crippling debt and poverty.
But it doesn't have to continue.

And you don't have to be one of them.

For signing up today for our comprehensive guide, you have secured an exclusive seat to the world premier showing of The Answer To Cancer airing on Tuesday, August 4th at 9 pm ET.

The Answer to Cancer is the FIRST and ONLY documentary series to reveal the latest scientifically-proven cancer prevention methods and treatments. Even better, this unprecedented series can help you put together your own treatment team of experts. Helping you weed out “Dr. Wrong”... and bring in “Dr. Right”.

For a sneak peek into this incredible series, [click here](#) or press play video image below to hear from our producer on how monumental of a series this will be.



Armed with the 27 cancer fighting foods in this comprehensive guide as well as the breakthrough cancer-fighters revealed in [The Answer to Cancer](#), you have the most powerful weapons available today to help you prevent, treat, and conquer cancer. So you never have to live in fear of cancer again. Because you have real answers.

To your long, healthy life,

Dr. Patrick Gentempo

27 FOODS THAT HELP PREVENT & HEAL CANCER

The Answer To Cancer

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1) FEVERFEW

Feverfew has been a staple in traditional medicine for treating headaches and migraines. In addition to its natural beauty and health benefits, it may also be a cancer-killer.

Researchers from the University of Birmingham were able to extract a compound called parthenolide, which has been shown in lab tests to kill cancer cells. It works by increasing the levels of reactive oxygen species (ROS) in cells.

Cancer cells already have higher levels of these unstable molecules and so the effect of the parthenolide is to increase levels of these to a critical point, causing the cell to die.

Study correspondent and author John Fossey said that their efforts are invaluable in that it adds parthenolide to the list of potential cancer killers. Moreover, Fossey mentioned that the team was able to heighten the compound's cancer-killing properties to make it more potent.

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2) CHINESE SKULLCAP

A mint plant native to Russia and China, Chinese Skullcap is well-known in traditional Chinese medicine as a healing agent. Its roots contain more than 30 flavones, including a particularly special compound called *glycoside baicalein*.

Baicalein has excellent bioavailability, which means it's readily absorbed by active cells and helps in various biological activities. Scientists have been studying baicalein for a number of years due to its anti-allergy, antibacterial, antiviral, anti-inflammatory, and anti-cancer properties.

In recent years, it's been shown that compounds from the plant demonstrate selective toxicity – which means they can kill cancer cells without damaging healthy cells.

It's also been shown to stop tumor growth, which is crucial when it comes to effective cancer treatments. A number of studies have shown that baicalein stops and slows down cancerous growth in a number of ways:

Cancer Cell Apoptosis

Apoptosis refers to programmed cell death. When cells are damaged, our bodies are designed to tell those cells to self-destruct. When that process fails, we see things like cancer formation.

But the baicalein found in Chinese Skullcap helps to induce apoptosis in hepatoma cell lines

without having an adverse effect on healthy cells.

Anti-Proliferative Effects

Baicalein has demonstrated excellent in vitro anti-proliferative effects in murine bladder and human bladder cancer cell lines. In a study of mice, scientists injected a group with bladder cancer cells and baicalein supplement and another group with just bladder cancer cells. It was shown that the control group expressed tumor volume progression while the baicalein-treated group showed remarkable inhibition.

Antioxidant Effects

Baicalein has excellent antioxidant properties that can protect our DNA from cancerous mutations. Challenge studies have confirmed this with toxins and carcinogens such as aflatoxin and benzopyrene, respectively.

Stimulates DNA Repair

In vitro experiments show that baicalein encourages repair and recombination of damaged DNA. Results show that the compound has potential in post-radiation and sunburn therapies.

5 Alpha-Reductase Enzyme Inhibition

One of baicalein's mechanisms of action is inhibiting 5 alpha-reductase enzymes, an element that transforms testosterone into dihydrotestosterone (DHT). DHT is a well-known proponent of prostate cancer and prostatic hyperplasia.

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3) CAYENNE PEPPER

Cayenne peppers are popular for both their spicy flavor and their weight loss properties. But research shows that these delicious peppers may also help fight cancer.

The compound that gives cayenne its spice and health benefits is called capsaicin. Specifically, capsaicin can help stop lung cancer due to smoking, as well as prostate and liver cancer. Moreover, capsaicin raises the metabolic rate and improves digestion, reduces allergic reactions and lowers the risk of blood clot formation.

Metastasis is the process through which cancer cells replicate and spread throughout the body. In lab studies, mice who were given a capsaicin diet had fewer metastatic cancer cells compared to the group that ate a normal diet. Under the microscope, the scientists discovered that capsaicin blocked Src protein activation, thereby stopping the metastatic process.

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4) CILANTRO/CORIANDER

Did you know that Cilantro and Coriander come from the same plant? Coriander is a spice derived from the seeds and is commonly used in Indian cuisines, while cilantro comes from the leaves.

Coriander and cilantro boast lots of health benefits, one of which is lowering the risk of colon cancer. Researchers have found that phenolic compounds accelerate cancer cell apoptosis and growth. They're known as potent detoxifiers which help the body flush heavy metals and accumulated deposits out of the system.

Coriander offers several antioxidants, which prevent cellular damage caused by free radicals. Its antioxidants have been shown to fight inflammation in your body.

These compounds include terpinene, quercetin, and tocopherols, which may have anticancer, immune-boosting, and neuroprotective effects, according to test-tube and animal studies. They're also abundant in nutrients like phosphorus, potassium, zinc, iron, magnesium, calcium, vitamin C, and fiber.

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5) JACKFRUIT

Jackfruit grows on trees and is one of the biggest fruits there is. When ripe, the yellow fruit is sweet but it can also be cooked unripe which has a similar texture and taste as pulled pork.

Jackfruit is abundant in vitamin B6, vitamin C, and potassium. It also has carotenoids which give it the characteristic yellow shade. Carotenoids are antioxidants that help lessen oxidative stress and support many bodily functions. They also play a major role in preventing eye conditions such as macular degeneration and cataracts and diseases like heart disease and cancer.

The fruit is loaded with isoflavones, lignans, saponins, and phytonutrients which provide anti-cancer benefits. They are able to prevent the free radicals which are harmful and develop cancer and many other chronic diseases.

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6) NIGELLA SATIVA (BLACK CUMIN)

A shrub native to western Asia, the Middle East and Eastern Europe, *Nigella sativa* is characterized by its striking white or purple-tinged blooms. A closer look at the flowers reveal tiny black seeds which have been in use as traditional medicine for centuries.

Researchers have found that the oil from these seeds is rich in antioxidants, which can combat chronic inflammation. When applied topically, the seed oil is thought to lower the risk of getting skin cancer. In animal studies, black seed oil reduced tumor size and helped minimize the collateral damage caused by chemotherapy.

Black cumin shows great promise as an anti-cancer treatment, but there's still more work to be done to uncover its mechanism of action against cancer.

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Blueberries

Blueberries are considered superfoods as they contain high levels of antioxidants compared to other fruits. They are widely used for culinary reasons, but are especially powerful when it comes to cancer prevention.

The positive results of multiple studies have found that regular consumption of blueberries lowers your risk of cancers of the breast, colon, bladder, lung, esophagus, skin, and small intestine.

Cranberries

The phytochemicals in cranberries shield your DNA from damage caused by free radicals and oxidative stress. It's actually one of the few known mechanisms in which plant-based antioxidants limit cancer progression. It's of utmost importance that we start including deeply-colored fruits such as cranberries into our diet as we age.

Cranberries are also rich in phytochemicals and therefore a good source of food that can stave off DNA damage. Moreover, cranberries contain ursolic acid, quercetin, and epicatechins – effective agents in the fight against cancer.

The phytochemicals in cranberries encourage faster cell cycling and apoptosis (cell death) in cancer lines. Plus, normal cell functions are supported, which means less cancer cell growth.

Cherries

Aside from their delicious taste, cherries contain lots of nutrients and phytochemicals. Its high dietary fiber content makes it an excellent food for lowering colorectal cancer risk. Plus, dietary fiber gives individuals a feeling of satiety, which comes in handy when they're trying to lose weight. It's been said that a higher percentage of body fat equals greater risk of several types of cancer.

Under the microscope, cherries have chemopreventive characteristics in compounds like ursolic acid, melatonin, cyanidin-3-glucoside, delphinidin and beta carotene.

Cherries contain high amounts of flavonoids called anthocyanins, which give the fruit its bright red hue as well as anti-inflammatory, chemopreventive and antioxidant properties as well. One such example is delphinidin, which blocks EGFR or epidermal growth factor receptors in breast cancer cells. EGFR is one of the indicators of breast cancer in humans, and delphinidin has been instrumental to programmed cell death, or apoptosis in HER2+ cancer cells.

Studies have found that cherries may also prevent colon cancer. Several population studies show the positive effects of the small, tart fruit against breast cancer. In many instances, cherry extract slowed down the proliferation and growth of breast cancer cells. A 2019 study suggests that the extract of dark cherries slowed both HER2+ and triple negative breast cancer cells without being toxic to normal cells.

When looking to get a high dose of healthy flavonoids, go for sour and tart cherries as they exhibit higher anthocyanin concentrations compared to the sweet varieties. *Prunus cerasus*, or sour cherries have an abundance of ursolic acid, which has been proven to reverse drug resistance in cancer cells. In one experiment, researchers found that ursolic acid reset the cells' sensitivity in terms of PR+ and ER+ against Adriamycin chemotherapy.

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8) BROCCOLI

We've all been told that broccoli is good for us, but did you know that it can actually help to fight and protect against cancer? And the best part is that you only need about a half cup each day to get the maximum health benefits.

The secret to broccoli's cancer-fighting properties is a nutrient compound known as sulforaphane. Oregon State University researchers worked with sulforaphane and found that it reduced non-coding RNAs' expressions of prostate cancer cells, thereby disrupting the cells' ability to form colonies.

Prostate cancer affects roughly 15% of men in America at some point in their lives. But research indicates that men who eat broccoli just a few times a week may have a lower prostate cancer risk than men who don't.

Naturally anti-inflammatory, good for your bones and heart, and nutrient dense (without the calories), broccoli is a great addition to a healthy eating plan.

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9) CARROTS

Carrots aren't just good for your eyes - studies show that they are linked to decreased cancer rates as well.

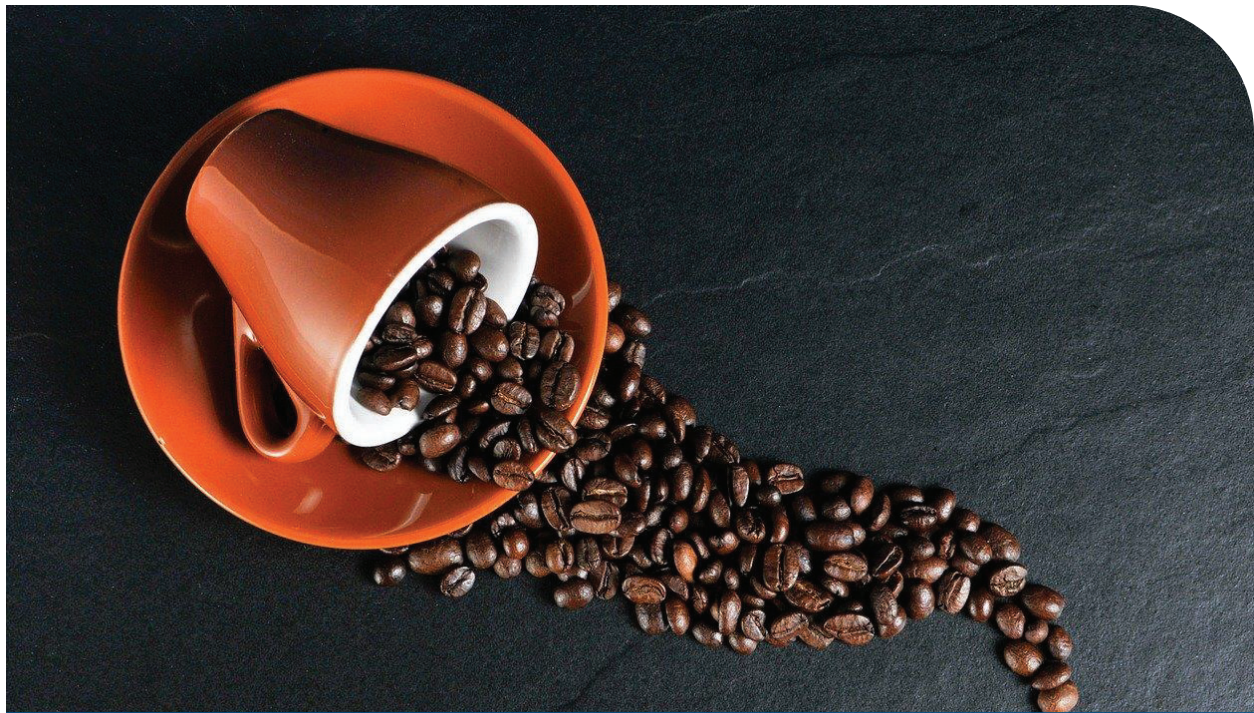
A careful analysis of 5 studies has found that carrot consumption may prevent the onset of stomach cancer by as much as 26 percent. In another, high carrot intake equaled up to 18 percent reduction in acquiring prostate cancer.

Scientists gathered 1,266 participants, some of which had lung cancer, and gave them carrots to eat. Under observation, smokers who regularly ate carrots were up to three times less likely to get lung cancer compared to those who didn't.

The bottom line is, it won't hurt to add carrots to your diet either as part of a dish or a healthy snack several times a week just to be on the safe side.

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10) COFFEE

Aside from helping you wake up in the morning, coffee has wonderful anti-inflammatory and anti-carcinogenic properties. The active compounds in coffee not only neutralize free radicals in your body, they also work to repair the damage they cause.

Since cancer cells result as mutations to healthy cells, the possible applications of coffee against cancer are virtually endless. And researchers confirm the health benefits of coffee in many studies.

Researchers have found that kahweol and cafestol have excellent chemoprotective and anti-carcinogenic properties. These polyphenols act as antioxidants to minimize DNA damage and oxidative stress. Moreover, it's been shown that the two can block carcinogen-activating proteins to slow down proliferation and growth of cancer cells, as well as hasten cell death and deactivate harmful carcinogens.

Coffee is the primary source of chlorogenic acid in our diet, and its level increases depending on how many cups of coffee you consume. Under the microscope, chlorogenic acid has been shown to encourage reactive oxygen species within colon cancer cells and produce an anti-tumor effect.

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11) SAGE & CINNAMON

Cinnamon

When it comes to alternative and complementary protocols, cinnamon is one of the most promising natural foods that shows great potential in the fight against cancer. It's anti-microbial and has lots of antioxidants that play a key role in making cancer cell death, otherwise known as apoptosis, faster. Under lab tests, cinnamon can act as a superb therapeutic agent by affecting various cancer cell pathways.

Under the microscope, scientists have discovered that the extract slows down cancer cell growth and stops blood vessel formation in tumors, which leads to cell death.

In a study involving mice and cinnamon extract, researchers have found that it activated detoxifying enzymes in the colon, which can stop the spread of cancer in the area. Follow-up test tube experiments confirmed the results when the researchers saw how cinnamon extract encouraged an antioxidant response within the colon.

Sage

Sage is naturally rich in antioxidants, which combat the effects of aging and protect our cells from damage caused by free radicals. In a study, it was mentioned that those who use the herb regularly in their meals enjoy a 54 percent reduction in acquiring lung cancer than those who don't.

The tiny herb contains plenty of minerals and vitamins, including manganese, calcium, vitamin B6, iron and vitamin K. In lab studies, sage has performed admirably against cancers such as kidney, skin, breast, cervix, liver, colon and mouth cancer.

As with cinnamon, lab results find that sage encourages apoptosis (cancer cell death) and slows tumor growth. Under the microscope, researchers have found a number of anti-cancer compounds such as rosmarinic acid, camphor and carnosol. Among the three, carnosol is the most promising as it has shown to kill several cancer cell types without affecting the healthy cells.

In one study with 500 participants, chamomile tea and sage decreased the risks of developing thyroid cancer. In laboratory tests, sage tea prevented abnormal genetic mutations that lead to formation of colon cancer cells.

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12) SPINACH & DARK GREEN LEAFY VEGETABLES

Do you remember Popeye the Sailor Man? As it turns out, his use of spinach as a superfood wasn't that far off. Even better, spinach may be able to protect against cancer.

Spinach is rich in folate, which prevents birth defects and improves heart health. It's a vital component in DNA repair and duplication as damaged cells may turn cancerous. Folate shouldn't be taken for granted - in a certain study, researchers have discovered that colon polyp formation, one of the main indicators of colon cancer, is about 30% to 40% lower in those who regularly take folate compared to those who don't.

Spinach is also abundant in vitamins and minerals, all of which help reduce oxidative stress and ward off free radical damage. It contains vitamins E and C as well as folate for a well-rounded approach to cancer prevention.

Several population studies have discovered a connection between colorectal cancer risk and dietary folate intake (although it's important to find natural sources rather than artificial supplements). Magnesium is another essential mineral for fighting inflammation. In a study, it was found that lack of magnesium could lead to increased inflammation and eventually to chronic diseases, including cancer.

Some studies have linked the phytonutrients in plant foods and spinach to lower risks of esophageal adenocarcinoma, advanced prostate cancer, breast cancer (notably ER negative) and colon cancer. Other researchers have found little to no correlation between the two. Still, it won't hurt to go out of your way to include spinach and other dark leafy greens in your diet once in a while to get the nutrients these foods offer.

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13) DRY BEANS & PEAS (LEGUMES)

Beans may be small but they pack a lot of nutrients. Soybeans, lentils, garbanzo, black-eyed peas, kidney beans, pinto and black beans are all considered legumes.

Researchers have discovered that Protease Inhibitors slow the division process of cancer cells while preventing the release of substances that destroy nearby healthy cells.

Dry beans also have a high fiber content. The US Cancer Research Institute reports that dietary fiber, which can be found in beans, can lower your risk of acquiring colorectal cancer.

Legumes can help stave off cancer via several mechanisms:

- Dietary fiber lowers the risk of getting cancer by allowing carcinogens to pass through the intestines faster. The feeling of satiety can be used in diets for those who want to lose weight. It's been said that excessive body fat gives an individual a higher risk of getting eight different kinds of cancer.
- Our gut bacteria loves to feed on fiber, and the byproduct is a shield that protects colon cells.
- Beans also have folate, which is important for maintaining normal cell growth and healthy DNA.

- Split peas and legumes have an assortment of phytochemicals which scientists are currently looking into for their remarkable anti-cancer effects.
- Peas and dry beans are excellent sources of protein and fiber, making up 10-20% of one's daily recommended value. Moreover, these foods can give you enough folate for preserving cells and making them grow healthy.

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14) FLAXSEED

Flaxseed, a mini superfood, has always been believed to lower the risk of cancer. But scientists are also discovering how it could combat cancer as well.

Originally from Egypt, flaxseed, otherwise known as linseed, has become popular and is now used all over the world. The seed, meal and oil are versatile enough that they can be prepared and consumed in a dozen different ways. Flaxseeds have phytoestrogens, components that can reduce women's risk of getting breast cancer and possibly stop it from recurring.

Under the microscope, researchers found that flaxseed has not just one, but two anticancer substances - alpha linoleic acid (a type of omega 3 fat), and lignans. Those who regularly consume flaxseed know it for its laxative-like effects and ability to lower cholesterol levels.

This wonderful seed can also reduce your risk of acquiring endometrial cancer, breast cancer, osteoporosis and heart disease.

Anti-Cancer Properties

Flaxseed has been the subject of many experiments. Studies have shown how the seed's phytoestrogen content can help with cancer. One leading theory suggests how its estrogen receptor blocking characteristics combine well with drugs that enhance estrogen receptor

modulation. Plant-based estrogens work to block the receptor cells that lie within breast tissue and starve them of strong female estrogen, which halts cell damage and the progression of tumor growth.

The effect could be more pronounced in pre-menopausal younger women who are suffering from negative estrogen receptor cancers. In a National Alternative and Complementary Medicine study, participants were given flaxseeds and directed to go on a macrobiotic diet in hopes of finding out whether the combination of flaxseed and certain nutrients could prove to be beneficial to those undergoing breast cancer therapy.

Dietary Fiber Benefits

One of the best ways to get dietary fiber is to consume freshly ground flaxseeds. You can easily mix them with salad, soup, cereal and bread to gain heart and cholesterol benefits. Plus, fiber from flax seeds can prevent constipation, along with plenty of fluids and a slow increase of intake. For flaxseed oil, you can mix it in smoothies or in salad dressings.

Groundbreaking studies show how our gut bacteria affects our overall health, to which flaxseed can help. Researchers have also found that changing gut microflora diversity and number can be done via diet. Good gut bacteria love consuming fiber. And a healthy gut equals less bad bacteria and a healthier constitution.

A study confirmed how gut microflora diversity can affect an individual's immune state for cancer. Though companies say that probiotics can improve gut biome diversity, lab tests confirm that it has little to no effect. On the other hand, a fiber-rich diet can increase gut microbiome health by having it become food for the good bacteria.

Lignan Benefits

Sesame seeds and flaxseeds contain lignans, a kind of estrogen mostly found within plants. In truth, lignans are like weak estrogens that fit into receptors for both endometrial and breast tissue. This mechanism of action can help protect damaged cells and stop them from turning into cancerous ones when they 'connect' with more powerful female estrogen.

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15) GRAPEFRUIT, APPLES, TOMATOES & GRAPES

Grapefruit

Grapefruit comes in many colors. The red and pink varieties are the best as they contain dietary fiber, carotenoids such as beta carotene and lycopene, and vitamin C.

Several cell and animal studies have proven that naringenin, limonin and grapefruit powder increase self-destruction and slow down growth of stomach, breast, lung, skin, mouth and colon cancer.

Under the microscope, the researchers found that the compounds acted via several mechanisms of action - encouraging the production of enzymes that shut down carcinogens, and decreasing the level of inflammation. Moreover, the scientists found that naringenin stops carcinogen-activating enzymes and those that encourage the production of estrogen.

Vitamin C, perhaps the most popular vitamin, stops free radical damage and carcinogen formation. As a synergistic compound, it can help others maintain their antioxidant properties.

Other studies have discovered that grapefruit improves the effectiveness of some cancer drugs, lowering both the required dose and the cost of treatment.

Apples

It's been said that an apple a day keeps the doctor away. But did you know that it can play a role in cancer prevention as well?

In animal and lab studies, scientists have found that chemicals found in apples stopped colon cancer. This was concluded by the French Health & Medical Research Institute, led by research director Dr. Francis Raul.

Dr. Raul first tested various antioxidants found in apples against cancer cells. He discovered that one particular antioxidant, procyanidin was particularly effective against them. The compound enhanced cancer cell death by 'activating' the signals that caused them.

Raul then proceeded to work with animals, specifically mice, and exposed them to substances that caused cancer. Afterwards, the subjects were given procyanidin from apples mixed with water for approximately six weeks. The team observed that precancerous lesions found in the abdominal area were reduced compared to mice who ate a regular diet.

The team concluded that consuming whole apples, with the skin, can provide anti-cancer benefits.

Tomatoes

Did you know that tomatoes are rich in lycopene, a beneficial antioxidant, and vitamins E, C and A.

Numerous studies have found that lycopene can prevent heart disease and lung, stomach and prostate cancers. The antioxidant does this by reducing LDL, or the 'bad' cholesterol, and blood pressure. Additional studies have found that increased consumption of lycopene can also reduce the risk of developing cancer of the cervix, breast, oral cavity, esophagus, rectum and colon, and pancreas.

Dusseldorf University Physiological Department chairman and professor Helmut Sies states that lycopene is perhaps the most 'efficient' oxygen quencher, one that can eliminate peroxy radicals. Lycopene can inactivate reactive oxygen, which is believed to be part of malignant cell transformation.

Also, in vitro studies suggest that the antioxidant could control tumor cells and their proliferation. Looking at the finer details, lycopene has been shown to directly affect cell-to-cell communication, and that more information is needed to confirm its mechanism of action.

Grapes

Grapes are delicious and they have natural compounds that can stop cancer cells from spreading. Researchers recommend eating grapes sourced naturally and not in supplement form.

Illinois University nutrition and food science department professor Elvira de Meija says that the findings involve whole foods, and that the bioactive compound is sent straight to one's bloodstream and then to other regions.

de Meija says that supplements won't have the same effect, though on paper they may have the same components. The researchers used extracts from red grape plants for the purpose of collecting more flavonoids for the experiment. The extract was added to an enzyme that rearranged genes responsible for cell reproduction and growth.

Synergistically, the flavonoids worked to inhibit the enzyme better than when they were alone. Moreover, they produced an effect that's stronger than resveratrol and quercetin.

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16) GREEN TEA

Green tea leaves contain bioactive compounds – including antioxidants – which act on our body in multiple beneficial ways. Specifically, green tea polyphenols known as catechins are believed to be responsible for many of the health benefits of green tea.

Epigallocatechin-3-gallate (EGCG) is the most abundant catechin in green tea and accounts for 50-75% of its total catechin content. EGCG and other green tea antioxidants act in very specific ways to prevent cancer cells from growing – and are very likely responsible for at least some of the anticancer health benefits of green tea.

In one study, treating breast cancer cells with EGCG led to so many of them dying that the study researchers were able to measure a significant reduction in tumor size.

In another study, tumors treated with a potent extract of green tea leaves that contain concentrated tea polyphenols (including EGCG) had significantly fewer blood vessels and were noticeably smaller in size.

Health experts believe that these actions of EGCG and other green tea antioxidants are to a large extent responsible for the potential anticancer health benefits of green tea.

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17) SQUASH (WINTER)

Winter squash have hard outer skins and come in several colors and flavors, e.g., turban, banana and butternut, but most consumers prefer the common variety like hubbard, spaghetti, butternut and acorn.

No matter the kind, winter squash have been subject to lab studies due to their nutritious nature. The vegetable's dietary fiber, for instance, can help individuals lose weight as well as lower their risk of developing cancer. Flavonoids such as lutein and beta-carotene are also present in winter squash and help minimize oxidative stress.

Currently, scientists are studying how flavonoids could inhibit or slow down cancer cells.

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18) NUTS & WALNUTS

Adding pistachios, cashew, hazelnut, almond, walnut and other tree nuts in your diet can stop cancer. This is because nuts are a rich source of polyphenols, compounds that can boost one's immune system and omega 3 fatty acids, which cut off cancer cells' energy supplies.

A study in the UK Journal of Nutrition showed how individuals who ate nuts regularly were less likely to get cancer and overall mortality compared to those who didn't. The US Clinical Oncology Society also published a similar study involving stage 3 colon cancer patients and how a diet of nuts improved their survival rate. As little as two handfuls per week improved the patients' survival rate by as much as 53 percent and lowered recurrence by as much as 46 percent.

The humble walnut is the most-studied when it comes to lowering the risk of cancer. Walnuts contain multiple nutrients, notably flavonoids, ellagic acid and alpha-linoleic acid, all of which can produce a 'synergistic' effect that's greater than the sum of its parts.

Breast Cancer: In an experiment with maternal mice, scientists fed a moderate amount of walnuts to the subjects. They discovered that the mice had reduced tumors in size and number compared to the control group.

Colorectal Cancer: An animal-based study found that walnuts can improve colon health by modifying gut bacteria in a good way. Researchers proved this theory by dividing their subjects into two groups - one that ate a typical American diet and the other a walnut-rich diet. The ones

who were fed walnuts showed reduction in both size and number of tumors.

Prostate Cancer: Walnuts are rich in polyphenols, particularly ETs, or ellagitannins. These bioactive compounds, when consumed, release EA, or ellagic acid which in turn becomes UA and UB urolithins. A cell study has discovered that UA, a walnut polyphenol metabolite, can reduce or even inhibit the risk of developing prostate cancer. A similar study showed how ET-rich foods could prevent prostate cancer onset by changing the cancer's regulatory mechanism. Experiments reported in Cancer Investigation showed mice that were fed walnuts had up to 25% reduction of tumor size compared to those who didn't have walnuts at all.

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19) HEALTHY FATS: FATTY FISH & OLIVE OIL

A study from Hunter College and Rutgers University has reported that a compound in extra virgin olive oil, called oleocanthal, disrupts lysosomal membranes and causes cell death. Furthermore, the team found that its mechanism of action doesn't harm healthy cells.

Study co-author, Paul Breslin, says that the compound is made when olives are crushed to make the oil. In concentrated amounts, oleocanthal slows down cancer growth and reduces inflammation.

The researchers experimented with cancer cells and found that oleocanthal caused them to die in 30 minutes.

Lab cultures of prostate, pancreatic and breast tumor cells derived from mice were tested via LMP, or lysosomal membrane permeabilization, which is inherent in oleocanthal. The results were positive and it's been said that with more research, it could prove to be an effective treatment against cancer.

Anchovies, mackerel, salmon and other fatty fish contain potassium, omega 3 fatty acids and vitamin B. One study suggested how individuals who ate more freshwater fish had up to 53% lower risk of developing prostate cancer compared to those who didn't.

In a similar study, researchers found that those who took fish oil at a later age had a lower chance

of acquiring prostate cancer. Among 68,000 participants, those who supplemented with fish oil had up to 63% lower risk of getting colon cancer. Moreover, it's believed that omega 3 fatty acids can stop the disease from advancing.

To gain the benefits of these nutrients, it's recommended that you should eat at least 2 servings per week.

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INTRODUCTION

The cancer epidemic is raging out of control today, needlessly taking the lives of millions of people.

Meanwhile the costs of healthcare continue skyrocketing even higher – pushing more and more individuals and entire families into crippling debt and poverty.
But it doesn't have to continue.

And you don't have to be one of them.

For signing up today for our comprehensive guide, you have secured an exclusive seat to the world premier showing of The Answer To Cancer airing on Tuesday, August 4th at 9 pm ET.

The Answer to Cancer is the FIRST and ONLY documentary series to reveal the latest scientifically-proven cancer prevention methods and treatments. Even better, this unprecedented series can help you put together your own treatment team of experts. Helping you weed out “Dr. Wrong”... and bring in “Dr. Right”.

For a sneak peek into this incredible series, [click here](#) or press play video image below to hear from our producer on how monumental of a series this will be.



Armed with the 27 cancer fighting foods in this comprehensive guide as well as the breakthrough cancer-fighters revealed in [The Answer to Cancer](#), you have the most powerful weapons available today to help you prevent, treat, and conquer cancer. So you never have to live in fear of cancer again. Because you have real answers.

To your long, healthy life,

Dr. Patrick Gentempo



20) TURMERIC, GINGER & GARLIC

Garlic

Garlic is a staple in both medicine and the cooking world. Recently, garlic has exploded in popularity because of its ability to improve health and lower cancer risks.

The anti-cancer compound in garlic comes from its phytochemicals and allyl sulfur compounds. Initially, scientists thought that garlic was used only for flavoring but recent findings show that the vegetable can play a role in preventing cancer as well.

Garlic's oil, and water-soluble sulfur compounds, can stop the onset of cancer by activating genes that suppress tumors. Evidence has shown that garlic is most effective in lowering colon cancer, but researchers are checking to see if it could prevent other cancer types as well.

Turmeric

Turmeric has been used in the Chinese and Indian pharmacopoeia for thousands of years. It is known for its powerful anti-inflammatory properties, used in treating several conditions such as toothache, chest pain, urinary tract infection, flatulence, jaundice, menstrual discomforts, bruises, hemorrhage, and colic.

But it also has anti-cancer properties. Turmeric's active ingredient is an extracted compound called curcumin. Studies have shown that curcumin helps prevent several forms of cancer including breast, lung, stomach, liver, and colon because of its anti-inflammatory and antioxidant properties.

It stops the development of cancer by interfering with the cellular signaling aspects of the chronic disease. Curcumin's anti-inflammatory property blocks the factors that induce human papilloma virus and activates cancer cell death within the uterine lining.

Ginger

Ginger has phytochemicals, shogaols and gingerols. They are compounds that exhibit powerful anti-inflammatory and anti-cancer properties. Studies have been trying to unlock it for use against breast cancer, gastric cancer and colon cancer, among others.

In 2010, a study sought to understand how ginger could influence breast cancer. Researchers discovered that the phytochemicals, specifically shogaols, impair a cancer pathway known as Nf-kB. The harmful pathway promotes tumor progression and development by activating inflammation, stimulating cancer cell reproduction and metastasis.

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21) DAIKON RADISH

Daikon (pronounced DIE-KON) is a type of radish that grows during winter and is native to East and Southeast Asia. It has several varieties and colors that range from bright rose to pale green. No matter the kind, daikon radish brings an abundance of nutrients and health benefits.

Scientists have discovered that daikon is rich in a phytochemical called glucoraphanin, which is believed to have anti-cancer characteristics. Under the microscope, the vegetable is excellent against carcinogenic molecules in smoked foods. The long and big roots have other phytochemical compounds that reduce free radical damage. Health experts recommend a regular intake of fiber to lower the risk of getting bowel cancer.

'Lo bak', or daikon extracts are used in Chinese medicine to promote digestion, stop coughs and clear phlegm in the lungs. Moreover, elders often recommend it for circulating qi, cooling down, and stopping the progression of cancerous cells.

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22) CACTUS PEAR

Cactus pear, otherwise known as prickly pear fruit, can be consumed many different ways. The taste varies by variety, but most often the flavor is similar to a sweet melon.

Researchers from Arizona University and China have studied cactus pear and its effect against certain cancer types. The group found that prickly pear cactus holds promise in fighting off cancer cells in bladder cancer, cervical cancer and ovarian cancer.

The researchers at Arizona University used a fruit solution composed of cactus fruit and tested it against cancer cells in an animal study. The aqueous extracts were divided into 6 concentrations and used on cancer cells for one, three and five days. They then observed the cells' cycle, apoptosis induction and growth and compared it with 4-HPR, a synthetic agent currently used as a chemopreventive.

Under the microscope, the cancer cells experienced earlier apoptosis, or cell death, and inhibition of growth when subjected to cactus pear extract. Cell cycle was also shortened, which resulted in suppressed tumor growth and modulation of tumor-related genes.

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23) PAPAYA

Papaya is common in most tropical countries. Its leaf extract is sold as a supplement to combat the effects of chemotherapy and increase platelet count for a stronger immune system. In lab studies, leaves from the papaya tree have been proven to stop bacteria growth and reduce alcohol-related stomach damage.

More recently, researchers have been studying papaya for its remarkable anti-cancer effects. They have completed tests involving papaya leaf extract and tumors from pancreas, lung, liver, breast and cervix cancers.

Papaya extract also enhances Th1-type cytokine functions aside from having a direct effect on tumors, which leads them to believe that the compound can become a promising new form of treatment in the future.

This regulation of the immune system, in addition to papaya's direct anti-tumor effect on various cancers, suggests possible therapeutic strategies that use the immune system to fight cancers.

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24) BOTTARGA

A specialty in Italy, bottarga is the roe sac of tuna or gray mullet, which is pressed, salted then air-dried. Often called 'poor man's caviar', you'll remember its strong, distinctive taste long after you've tried it.

Bottarga is considered a superfood in the fish department, containing all sorts of nutrients from vitamins and protein to omega 3 fatty acids, zinc and more.

What makes the delicacy so effective against cancer is its fatty acid content, mainly DHA and EPA. Even when stored for a long time, these components are preserved well. Scientists have also found that bottarga extracts show promise in eliminating colon cancer cells.

One 2013 study published in Food and Chemical Toxicology discovered that bottarga demonstrated selective toxicity and anti-tumor properties. The study's authors summarized that it was a nutraceutical especially useful in combating colon cancer.

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25) PURPLE POTATOES

Researchers have reason to believe that purple potatoes contain compounds that stop the spread of cancer cells and eliminate colon cancer stem cells.

In lab conditions and mice experiments, baked purple potatoes stopped colon cancer cells from proliferating.

Hershey Cancer Institute faculty member and associate professor Jairam Vanamala, says the mechanism of action caused by purple potatoes can effectively combat cancer.

The team of researchers wanted to see whether purple potatoes retain their cancer-fighting properties even after being baked. In the first phase of the experiment, the researchers discovered that baked potato extract stopped colon cancer stem cells from proliferating while encouraging faster cell death. The team moved to whole purple potatoes as a diet for mice and achieved similar results. The report noted that the portion is about the same as a typical adult, i.e., one a day for lunch or dinner.

Researchers believe that purple potatoes have several compounds that work on multiple pathways to kill cancerous stem cells. The likely culprits are chlorogenic acid, resistant starch and anthocyanins. Resistant starch is good for maintaining good gut bacteria and for converting butyric acid, a short-chain fatty acid which stops chronic inflammation, promotes immune function and causes cancer cell apoptosis.

Vanamala stresses the importance of eating from the 'rainbow', or a selection of fruits and vegetables in order to suppress cancerous growth. He says that this opens up many pathways and thousands of helpful compounds to stop the cancer from spreading.

The team's next move is to introduce purple potatoes to people for treatment and disease prevention purposes, and to try them against other cancer types. Vanamala mentions that food as a preventive strategy against cancer can complement both current and future anti-cancer therapies. The researcher states that healthy foods can prove to be better as they won't cause as many side effects as synthetic drugs.

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26) MILK THISTLE

Milk thistle is often used as a natural remedy and is native to the Mediterranean region. In 2016, a review discovered how extracts of milk thistle could slow down colon cancer cells.

Recent studies point to the fact that milk thistle could minimize liver inflammation in patients after chemotherapy sessions. In the Cancer journal, researchers say that the herb allows patients to take prescribed chemotherapy dosages without harming their liver.

Chemotherapy can help with cancer but comes with serious side effects. When it affects the liver, doctors must lower the dosage or even stop the sessions altogether. In a study, milk thistle was used as a complement for treating cirrhosis caused by toxins or alcohol, with positive effects.

The extract of milk thistle seed is called silymarin. And there have been many promising studies on using this extract to fight cancer.

A randomized clinical trial in children with acute lymphoblastic leukemia found that silymarin decreased the side effects of chemotherapy on the liver without harming the cancer treatment.

A randomized clinical trial in men with prostate cancer who had surgery to remove their prostate found that taking silymarin and selenium improved quality of life, lowered cholesterol, and increased the amount of selenium in the blood.

A nonrandomized observational study in women with breast cancer who had surgery and radiation therapy found that a silymarin-based cream helped prevent patients from having skin rashes from radiation therapy.

A randomized clinical trial of 30 patients with head and neck cancer who had radiation therapy found that those who took silymarin for 6 weeks had lower rates of radiation-related mucositis compared to those who did not.

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27) DRAGON FRUIT

Dragon fruit, sometimes called strawberry pear or pitahaya, is sweet and characterized by bright red skin and a seedy pulp. It's rich in antioxidants, which can help minimize free radical damage to your body.

Studies show that antioxidant-rich diets can stave off chronic diseases like arthritis, diabetes, heart disease, and cancer. Dragon Fruit is a fruit that's rich in several kinds of antioxidants.

Researchers have found a connection between risk of cancer and vitamin C intake. A study involving more than 120,000 participants showed that vitamin C intake resulted in lower rates of neck and head cancer.

Another study observed how carotenoids could lower the risk of heart disease and cancer. Lycopene, another one of dragon fruit's components, has been proven to be effective against lowering risk of prostate cancer.

In the Asian Pacific Cancer Prevention Journal, a study showed that regular lycopene intake – along with vegetables, fruits, and exercise – can lower the chances of having prostate cancer significantly.

As a fruit, dragon fruit is safe to eat especially in breastfeeding and pregnant mothers. In the US, the fruit is gaining popularity due to its ability to provide many health benefits. Not only is it abundant in vitamin C, dragon fruit also contains fatty acids and phosphorus.

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