Seven Fighting Remedies to Shield You From Cancer
Cancer-Free for Life!

Easy, Pain-Free Steps for Reducing Your Risk of Cancer

Cancer is the second leading cause of death in the United States. In 2002, it amounted to almost 23% of all the disease-related deaths in the country every year. This falls just below heart disease, which accounts for 28.5% of all fatalities. In 2002, over 550,000 people died because of cancer. In fact, some people are even saying that cancer rates are starting to reach epidemic proportions. That’s not surprising, considering the American Cancer Society estimates that over 1.3 million new cases of cancer will be reported this year. They also estimate that about 1,500 deaths will occur every day because of the disease.¹ Now, this may sound grim, but there is good news behind the bad. The good news is that if you start taking measures to prevent cancer now, you can seriously reduce your risk of acquiring this horrible and sometimes deadly disease. Cancer is a hot spot for research. Luckily, this means that more studies are coming out showing how you can prevent and treat the disease. It’s important to know that there is no single cure for cancer, although some people can be treated successfully to the point where their case never resurfaces. The best course of action anyone can take is prevention. The sooner you start, the better your chances are of staving off this disease. Still, it is never too late to adopt a healthy way of living that can help keep your body cancer-free. So, keep reading to find out what you can do to shield your body from this devastating disease.

Seven Nutritional Therapies to Cut Your Cancer Risk

Thus, antioxidants, such as those found in many types of healthy foods, can help protect your body from this damage and keep cancer growth at bay. However, this is only one of the many ways that your diet is suspected to help protect you from this terrible disease.

1) Garlic

There’s nothing like walking into a kitchen that is rich with the scent of roasted garlic. This pungent bulb has held quite a reputation for creating deliciously flavored and scented meals. Almost every culture finds a way to infuse this herb into their cooking to make it taste great. If the delicious flavor of garlic isn’t enough to entice you to add it into as many meals as possible, maybe its health benefits will be the clincher. Garlic is already known for its antibacterial and anticoagulant properties. However, it has recently started gaining fame for its supposed anticarcinogenic properties. These little bulbs pack a powerful punch when it comes to cancers of the mouth, stomach, breast, liver, skin, and numerous others. Remember garlic’s ability to act as an antibacterial agent? Well, this may be partially thanks to its immune system boosting powers. Now, this same ability to get the immune system into shape against minor injuries also helps strengthen blood cells so they can fend off potential cancerous growths. The main active ingredient in the cloves is called allicin. This also has antioxidant properties that...
can help to protect the body. Allicin also works against any toxic effects being caused by invading carcinogens. After that, the boosted immune system goes to work cleaning away bad cells. It’s like a triple punch against possible cancer-causing cells—and it all comes from a pungent little clove.

Studies That Focus on Garlic

Garlic is getting a lot of good press lately for its chemopreventive effects. In fact, a team of German researchers is saying that garlic shows a lot of promise as a natural anticancer agent. They also say that the clove’s ability to induce natural cell death can help keep abnormal cells from replicating (this is the suspected cause of cancer).²

In fact, many previous studies have shown that this exciting herb can halt the division of cancer cells. In 2004, a group of Indian researchers witnessed this effect of garlic in lab-induced tumors. The allicin in the garlic seemed to be the active element. It worked to increase abnormal cell death while reducing DNA damage to healthy cells.³

How to Get the Most Out of Garlic

The best way to eat garlic is raw. Uncooked garlic seems to have the most potent effects against cancer. These were the results of a study at Penn State University. However, the study found that much of the anticarcinogenic activity could be prevented by allowing chopped or crushed garlic to sit on the counter for 10 minutes prior to cooking. Cutting off the top of the bulb and letting it sit for 10 minutes also helped retain some of the garlic’s goodness when whole cloves were being roasted. The standing time seems to be important because it allows certain chemical reactions within the garlic to take place. The exposure to oxygen, combined with the active ingredient sulfur, created a stronger allyl sulfur compound that fights cancer once ingested. So, try tossing raw garlic into salad dressings or sprinkling it on your favorite dishes. At the very least, remember to just let the garlic sit out for 10 minutes before you start cooking it up, be it in the microwave, the oven, or by any other means.⁴

2) Tomatoes

Following right on the heels of garlic we have the perfect accompanying fruit—tomatoes. Almost nothing goes together better than a few cloves of garlic and a thick tomato sauce. Well, luckily for us, this Italian cuisine staple is the perfect cancer fighter. These fruits, which are commonly referred to as vegetables, make a perfect base for soups, sauces, casseroles, and other tasty meals. If you’ve never been a fan of these scrumptious red delights, then you may have to start liking them soon if you want to fend off cancer. Tomatoes contain a carotenoid that has been greatly studied for its promising influence on the prevention of prostate cancer. In fact, this carotenoid seems to be one of the most promising chemoprotective agents known to us today.

Studies That Focus on Tomatoes

While lycopene seems to be effective in preventing many types of cancer, it has been mostly studied for its effect on the prostate. A study from Los Angeles used 65 cancer patients and 132 control patients to study whether a history of tomato consumption had any effect on the prevalence of the disease. A standard questionnaire was issued to the men between 1993 and 1997, and tests were taken to evaluate the levels of retinol and
tocopherols in the men. After adjusting for known contributing factors to the development of prostate cancer, it was found that two specific carotenoids seemed to have the most potently protective effects—they were lycopene and zeaxanthin. Lycopene is found in very high concentrations inside fleshy red tomatoes. The study’s researchers admit that it isn’t the be all and end all of this research, but encourages that this link should be studied further. And it has been. Chemical analysis of tomatoes, and lycopene in particular; test tube studies; animal studies; and human studies have been building on each other, giving more and more evidence to support the fantastic effects of tomatoes and tomato products.

One study has found that a deficiency of lycopene is the biggest risk factor in developing prostate cancer. The study, published in BJU International looked at this deficiency when combined with levels of insulin-like growth factor 1 (IGF-1). IGF-1 is a large chain of amino acids that is largely responsible for growth within the body, but it becomes unavailable as we age. Some people take supplements of this hormone to help them build muscle. This isn’t supported by scientific studies, as it is considered fairly unsafe and a factor for the development of many cancers. When the reaction between this growth hormone level and lycopene deficiencies were examined, the researchers began to see that there may be a more complex reason for why lycopene deficiencies result in an increased risk of prostate cancer. In addition the study also noted that a lack of cooked tomatoes in the diet was the easiest way to reflect lycopene deficiency. This is probably due to the fact that eating tomatoes in their cooked form is the best way to get the highest levels of absorbable lycopene.

**How to Get the Most Out of Tomatoes**

The good news is that unlike many other protective vegetables, tomatoes are actually better for you when they are processed. It’s the perfect reason to pour on more of that savory tomato sauce or eat up those sweet oven-roasted tomatoes with dinner.

**3) Green Tea**

Delicious and nutritious, green tea is becoming a popular drink. Luckily, this healthy tea packs a big punch of antioxidants and is great for warding off cancer. This traditionally Chinese form of tea is derived from the minimally processed leaves of the *Camellia sinensis* plant. This is the same plant as the one that the American or English traditional tea is made from, but in its green form. The leaves are left unfermented so they retain more of the active constituents that are so important in keeping human bodies healthy. Green tea is a great source of polyphenols. These interesting substances have been noted for their many healthy properties, working as antioxidants, antitumorgenics, anticarcinogens, and mild antibiotics.

This drink is gaining in popularity. Its strong antioxidant powers have been linked with the prevention of several conditions, especially different forms of cancer.

**Studies That Focus on Green Tea**

Green tea has been linked to the prevention of a variety of different types of cancer, not the least of which are prostate and colon cancer.

The main components of green tea are four catechins and some other polyphenols. The catechins, otherwise known as tea flavanoids, are galloallocatein (GC), epigallocatechin (EGC), epicatechin (EC), and epigallocatechin gallate (EGCG). Studies claim that these tea flavanoids have antioxidant and anticarcinogenic properties, which make them good cancer-fighters. EGCG is thought to be the most potent of the catechins, and one study has shown it (but not the others) to specifically inhibit the growth of colon cancer cells.

Green tea consumption can also lower your risk of developing stomach cancer. In one study, it was discovered...
that green tea consumption can cut your risk of this type of cancer in half as well as your risk of developing a precursor condition to this type of cancer, chronic gastritis. According to the study, which has been recognized by the American Cancer Society, individuals who regularly drank green tea were 48% less likely to develop stomach cancer and 51% less likely to develop chronic gastritis than those who did not regularly drink green tea.28

A study published in January 2004 found that the risk for prostate cancer decreased as the amount of green tea being consumed increased. In general, comparing people who did not have cancer to those who had been diagnosed, the researchers found that while 55.4% of those who drank the tea did have cancer, almost 80% of those who didn’t have the disease drank green tea. In general, those who had drank 1.5 kilograms of tea leaves yearly had a nine percent reduced risk, people who had drunk tea for more than 40 years had a 12% reduced risk, and those who drank more than three cups of tea daily experienced a 27% reduced risk of prostate cancer.9

How to Get the Most Out of Green Tea
For people who don’t want to bother drinking the tea, supplemental pills have been developed, which consist of green tea extract. The tea flavonoid most frequently listed on the label of supplemental pills is “EGCG,” which is thought to be the leaf’s most active ingredient. However, the label may just say “polyphenols.” The amount of polyphenols in each capsule varies from brand to brand, so it is difficult to say exactly how much of these potent cancer fighters you can find in the pills. This makes it hard to say if these extracts will work as well as the tea will. If you’d like to try the pills, get ones that are set at 100 mg to 150 mg doses and take one pill three times a day.

Still, it’s always best to go natural when you can. So, you might want to drink the real tea. Since green tea contains the least amount of caffeine compared to other forms of tea, and since caffeine is not great for most types of cancer (especially of the prostate), it may be a good idea to make the switch from black tea to green tea. You’ll be reducing the amount of bad stuff while increasing the amount of good stuff you get from polyphenols.

4) Cruciferous Vegetables
When it comes to cruciferous vegetables think of broccoli, Brussels sprouts, cabbage, and turnips. These vegetables may conjure up images of foods that made you say “yuck” when you were a kid. Hopefully, though, your tastes have changed by now, because these crunchy or leafy veggies are packed with sulforaphanes, which are very good for you. These compounds help produce Phase II detoxification enzymes, which are responsible for making toxins in the body more soluble in water. The toxins can then be carried out through the waste system much easier as a result. What does this mean? Well, in a nutshell, cruciferous vegetables may help prevent cancer. It’s become pretty commonplace to think of broccoli and Brussels sprouts as healthy choices. They’ve been the staple health food in homes across the country, inducing millions of children to crinkle their noses up at the veggies during dinnertime. But the reason why they’ve long been considered the healthiest of veggies is becoming clearer and clearer. One of the key agents suspected to help these veggies fight off cancer is a sulfur compound known as indole-3-carbinol. This substance is produced when these veggies are cooked or crushed. This is good news for people who like their broccoli steamed.
Studies That Focus on Cruciferous Vegetables

The indole-3-carbinol found in cruciferous veggies has shown promise in fighting cancer in preliminary trials. Just in June of this year, a team of researchers stated in a published article that this substance has a lot of potential in the treatment of cancer. They also noted that dietary consumption, in the form of cruciferous vegetables, is a great way to get the beneficial effects of this sulforaphane.10

In addition, one animal study published in Carcinogenesis in August 2004 found that the cruciferous veggies considerably reduced the risk of prostate cancer formation. In this American study, researchers focused on watercress, a cruciferous vegetable rich in a compound found in sulforaphanes. This compound stops the spread or formation of tumors by inhibiting their cell division. This was proven in a preliminary cell culture study. The active ingredient was then put to the test in mice that were immunodeficient and had been grafted with human prostate cancer cells. Excitingly, 100% of mice experienced a reduction in tumor size when they were fed on a supplemented diet containing this crucial element. In fact, tumor weight was decreased to half of what it was in the control group of mice that had not been on the diet. The supplemented mice were also found to have a higher level of cancerous cell death. This was a sign that the mutated cells were not dividing as rapidly to take over the good cells. Thus, this compound found in cruciferous vegetables can be an effective cancer fighter.11

How to Get the Most Out of Your Cruciferous Vegetables

Some of the great cruciferous veggies you should be eating include broccoli (especially three-day old sprouts), arugula, beet greens, bok choy, Brussels sprouts, cabbage, collard greens, kale, kohlrabi, mustard greens, radishes, rutabaga, Swiss or red chard, turnips, turnip greens, watercress, horseradish, and wasabi. To get immature broccoli sprouts, which contain 30 to 50 times more potent cancer-fighters than their mature counterparts, buy broccoli seeds and grow them yourself for fresh, delicious, and potent veggies. Before you eat them up though, make sure you either chop or crush them and let them stand for a few minutes, or that you cook them light (as in steaming) so you release the cancer fighting indole-3-carbinol.

5) Soy

Another powerful cancer fighter is soy. With rising popularity of vegetarian and vegan diets, this multi-purpose food is gaining popularity. The diets of Asian cultures, and particularly the Chinese culture, have also had a great influence on how we think about health. The traditional diets of these countries tend to be high in vegetable content, low in saturated fat, and bursting with soy. Soy is one versatile plant. It can be served in its natural soy nut form or used to make milk and meat substitute products. Soy has been linked to the good health of Asians and people in other cultures that consume vast amounts of these beans. After years of research, it seems that the main reason soy is so healthful is because of its incredibly high content of isoflavones. You’ve probably heard of these before, but you may not have heard of the many different types of isoflavones that are around. One of the most important of these—and also the one most prominently found in soy—is genistein. This isoflavone is prized for its ability to keep cancer cells under control, keeping them from spreading outside of the prostate and into other areas of the body. They also contain other isoflavones such as phytoestrogens, phytoestrogens, and saponins. All of these isoflavones keep up the good name of soy by keeping cancerous cells under control.

Tofu
As if soy didn’t already do enough, it also contains protease inhibitors as well. These are especially important in controlling hormones and hormone-related cancers, such as prostate and breast cancer. They can slow the growth of cancer, or even stop it from occurring in the first place. These are pretty powerful substances, indeed.

**Studies That Focus on Soy**

One study showed that soy could help induce natural cell death in cancerous breast cells. This means it could be useful for preventing and treating breast cancer.12

Another one of the conditions soy has been studied most extensively in is prostate cancer. One animal study published in the July/August 2004 issue of *Neoplasia* tried to find out if soy could stop the spread of cancer from the prostate to the bone. To test this, the researchers induced bone cancer in immunosuppressed mice. They then introduced genistein into the mice and analyzed its function. The researchers found that the isoflavone was able to inhibit the cancer growth. It did this in two ways. It was able to prevent the further spread of cancer cells and also intervened to work against the current cancer that was present. The researchers found that there were many different ways that genistein worked against the cancerous growth. Overall, they recommended that genistein (an important component of soy) be included in diets to prevent prostate cancer as well as to treat already developed prostate cancer and slow it from spreading to other parts of the body, such as the bone.13

If that’s not enough, soy may even help people already suffering from cancer to reduce their levels of pain. A study conducted on mice with bone cancer analyzed the effect of soy protein on pain. It appeared to reduce pain and produce analgesic effects in the patients, although there was no reduction in tumor size.14

**How to Get the Most Out of Soy**

Try using soy milk instead of regular milk wherever you can, like in smoothies, cereal, and while cooking. Also, try using tempeh, tofu, and other soy products in place of meat in your meals. If it’s cooked properly, it can taste fabulous, almost taking on the flavor of a meat. Plus, it will give you added health benefits without any nasty saturated fat.

6) **Fish**

This is probably the best way to get your protein if you’re on a cancer prevention diet. While pork, beef, lamb, and even chicken have lots of bad saturated fat and some questionable components that may be cancer-causing, fish actually has something that protects against cancer—omega-3 fatty acids. Omega-3s have been popping up everywhere, often being touted as a ‘miracle cure’ for almost every disease. It’s not a miracle though—it’s a very precise and intricate process that makes these fatty acids, which are so essential to our health, beneficial, whereas other fatty acids can be completely detrimental. Omega-3s can be found in food sources such as fish or flax, but the best source is usually fish because it has a higher level of omega-3s than omega-6s. Omega-3s contain three main components that are suspected to help in cancer, which are alpha linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA).

**Studies That Focus on Fish**

There has been a lot of research conducted into these healthy fatty acids. In a preliminary trial, researchers found that breast cancer risk may be reduced by eating a combined diet that includes carotenoids and docosahexaenoic acid (a component of omega-3s).15

And in another study of breast cancer patients, omega-3s worked to suppress toxicity in cells.16
That’s not all though, fish oil has also been shown to inhibit the growth of the malignant cells in colon cancer patients. Other studies have also shown that the omega-3 fatty acids can protect against prostate cancer.

It’s amazing to think what getting just a bit more fish in your diet could do for your health.

How to Get the Most Out of Fish
It isn’t enough to just eat any kind of fish. You have to choose the right type. Almost anything from lakes or the sea is good for you. However, watch out for farm-raised fish, which are fed altered diets that are high in saturated fat. Unless you know that the fish you are getting are wild, try to avoid trout, salmon, and catfish. These are the most commonly farmed fish, and if the sign does not say “wild” then the selection is probably farmed, so steer clear. Instead, go for tuna (canned in water, not oil, or eaten fresh), halibut, snapper, mahi mahi, bass, perch, cod, grouper, yellow tail, pike, or pollock. You can also try other types of seafood such as lobster, crab, shrimp, clams, mussels, and squid. Some say you can eat shark and swordfish, but multiple reports have been issued saying that these have the highest mercury content. Tuna is also questioned for its mercury content, but as long as you mix it up and eat other, safer forms of fish, it’s not nearly as detrimental as shark or swordfish can be.

If you just can’t stomach fish, try getting your omega-3s in supplement form. Go for fish oil supplements that are “burpless” if you can find them, as these are usually the least upsetting to your gastrointestinal system. You can also try getting your omega-3s from flaxseed, flaxseed oil, and to a lesser extent, soy products, canola oil, dark green leafy vegetables, and walnuts. However, fish are the best source of omega-3s.

7) Fruit
Is there anything more delicious than a big fruit salad made with strawberries, blueberries, grapes, peaches, mangoes, or any other fruit? This delightfully sweet and juicy accompaniment to the perfect summer picnic may also help protect you from cancer. There are two reasons for why fruit can help protect you from cancer. This first is in their sweet flavor, which is caused by the natural sweetener known as fructose. Fructose has been linked to a reduced risk of prostate cancer. However, there’s another part of fruits (and some vegetables) that also seems to play a role in cancer prevention. This is calcium D-glucarate. This is the calcium salt formed from natural fruit acid. Calcium salt prevents an enzyme in stomach bacteria from breaking apart the bond that helps the body carry toxins out through its waste system. Thus, calcium D-glucarate makes the body better able to flush out toxins and other potential cancer-causing agents such as estrogen.

Studies That Focus on Fruit
Studies on fructose and calcium D-glucarate are still sparse, but there is enough evidence to start pressuring researchers to focus on fruits as cancer fighters. A study in 1998 broke ground in introducing the idea that choosing fruits over dairy lead to a better chance of prostate health. The study examined the dietary habits of 47,781 men who were free of cancer when the study began in 1986. At the end of the study, in 1994, a total of 1,792 men had been diagnosed with some stage of prostate cancer. High calcium intake seemed to increase cancer risk, but when fruits were examined, it was found that they lead to a significantly reduced risk of cancer. The high fructose levels seemed to be the reason. When men ate more than five fruits a day, as opposed to only one, their risk dropped. Fructose from other sources also seemed to protect men against cancer as well.

Additionally, calcium D-glucarate has been shown to help prevent tumor growth in animal studies that focused on skin cancer, as well as in breast and kidney cancer. Unfortunately, no human studies have been conducted as of yet.
How to Get the Most Out of Fruits

Try switching your sugary desserts for berries, fruit salads, and fruit smoothies. They taste great, contain fewer calories, and will help protect you against cancer. Some amazing fruits to try are guava, pink grapefruit, watermelon, and papaya. Besides containing cancer-fighting fructose, these fruits pack an extra wallop of lycopene, which boosts their cancer-fighting powers.

The Link between High Cholesterol and Prostate Cancer

Now there’s another reason to give up red meat—high-cholesterol diets may encourage the growth of cancerous cells. This was discovered in a recent clinical trial published in the *Journal of Clinical Investigation*. The researchers were looking to see if mice with induced prostate cancer would be affected depending on whether they were fed on a high or a low cholesterol diet. The researchers found that when mice were fed a high-cholesterol diet, the cancer cells didn’t get the signal to self-destruct; they kept growing rapidly instead. The good news is that cholesterol-lowering drugs seemed to stop the growth of the cancer. Whether or not this situation applies to humans is not yet known. However, it does give you reason to pass over that grease-laden, fatty meal.

Supplement Your Way to Cancer Prevention

If you want to boost your cancer-prevention efforts, try supplementing with these clinically proven cancer-fighters.

Selenium and Vitamin E

Selenium is a trace mineral that you can get from a lot of foods. It’s present in the earth’s soil and that’s how it gets into fruits and vegetables. You can also find it in wheat germ, yeast, meat, fish, butter, sunflower seeds, and Brazil nuts. Often listed as a treatment combined with vitamin E, selenium is gaining a good reputation as a potential prostate cancer fighter. In fact, the *British Journal of Cancer* recently released a report based on 13 years’ of study that targets selenium as a potent fighter against all deep tissue cancers, most notably prostate cancer. The study suggest that supplementation of selenium—especially in those who are already low in the mineral—noticeably reduced the risk of cancer. The researchers suspect that the supplement enables normal cell death within organs to occur, which prevents the spread of cancer. They also say it is possible that selenium may play a role in stopping the rapid spread of the cancerous cells by impeding the development of new blood cells.

Vitamin D

Dual-action vitamin D has an added benefit of protecting against many forms of cancer while also keeping bones healthy and strong. This vitamin (D3) is actually called cholecalciferol and it is created inside the skin when a certain molecule in our bodies called...
7-dehydrocholesterol absorbs sunlight. Actually, it isn’t really a vitamin at all. People who get enough sunlight don’t need to take supplements. However, this “vitamin” can still be found in sources such as egg yolk, fish oil, milk, and some plants (in plants, its form is actually D2, otherwise known as ergosterol). After being taken into the body initially, the vitamin needs to be broken down further in the liver and then the kidneys. At this point it becomes the true, active form of vitamin D. This is the substance that has been linked to reduced cancer. In fact, it’s been linked to the prevention of colon, prostate, breast, skin, and other cancers as well.

**Coenzyme Q10**

The antioxidant capabilities of coenzyme Q10 are drawing it into the spotlight as a possible cancer preventer. Animal and human studies on this nutrient have been ongoing, albeit on a small scale. There is a definite interest in finding out if this supplement can prevent cancer formation in human subjects. Still, the trials are slowgoing.24

One area in which this supplement shows a lot of promise is the reduction of toxicity from conventional cancer therapies. The drugs used to treat cancer can be very toxic and can damage the liver over time. One review trial has found that coenzyme Q10 supplements could reduce damage to organs during cancer treatments. This would help improve the quality of life for surviving patients.25

In one Danish study, it was found that CoQ10 could also help with tumor aggression. In a combined therapy that added CoQ10 with other beneficial elements such as vitamin C, vitamin E, beta-carotene, selenium, and gamma-linolenic acid, 32 patients with breast cancer saw improvements. The researchers found that six of the 32 patients showed partial tumor regression. Also, none of the patients died during the study period, none of the patients showed signs of further distant metastases, and the quality of life was improved (no weight loss, reduced use of pain killers) in all the patients studied. After 24 months, all the participants were still alive, which is impressive, as they suffered from aggressive tumor growth.29

**Walk Your Way to Cancer Prevention**

Exercise is good for treating almost anything, including reducing your risk of cancer. In fact, if you want to drastically drop your cancer risk without even breaking a sweat, walking is the way to go. Even light exercise such as walking can help reduce your risk of endometrial cancer. A study published in April, 2005 found that, in comparison to women who never exercised, women who exercised during adolescence and adulthood reduced their risk of this cancer by almost 40%. Even women who just did household chores and used walking as their main method of transportation were able to reduce their risk of cancer by between 40 and 45%. This means that just walking and doing chores could be enough to cut your endometrial cancer risk almost in half!26

That’s not all, though—just three hours of walking a week can increase a woman’s rate of survival from breast cancer by 30%. The researchers found that when women walked or worked out faster and for much long periods, their survival rate did not decrease further. So, researchers concluded that all women need to do is walk at a normal pace for three to five hours every week. This can significantly increase their chance of survival from breast cancer.27
Sources

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