

Cancer Fighting Foods & Spices

Many of the common foods found in grocery stores and natural food markets contain cancer-fighting properties. Why not add them to your diet on a regular basis?

The number one nutrition item that you can add to your daily food plan is FIBER. Fiber is found in fruits, vegetables, and whole grains. In general, the more natural and unprocessed the food, the higher it is in fiber. There is no fiber in meat, dairy, sugar, or “white” foods like white bread, white rice, and pastries.

The following foods have the ability to help stave off cancer and some can even help inhibit cancer cell growth or reduce tumor size:

- Avocados
- Chili peppers and jalapenos
- Kale
- Mushrooms
- Nuts
- Raspberries
- Rosemary (buy it fresh – it makes your house smell wonderful)
- Sea vegetables like seaweed
- Tea – black and green
- Tomatoes – organic only
- Turmeric
- Turnips

If you see foods that you have never tried or don't like, be adventurous and try it! If you don't know how to cook it, send me an e-mail and I'll be happy to help.