**Meals That Help To Avoid Cancer**

**Cancer is a deadly illness. It requires away our household's from us, within a span of a few months. Today, in every country and in each household there is one person living with this illness. While some individuals survive after falling feed to the grip of melanoma, but most of them lose their lives. The paradox is, before we can catch hold of the illness, the illness holds us. We never know how or in which form this illness requires an entry into one's human whole body.**

**While individuals from all over the world suffer from various kinds of malignancies such as bronchi, brain, breasts and melanoma, there are actually a number of foods that can help to fight melanoma.**

**Grapefruit: Eating oatmeal increase the amount of Supplement C in one's human body. Cancer tissues are established within one's human body due to the presence of nitrogen substances, which is produced due to the lack of Supplement C. By having grape fruit, one can prevent having breasts, kidney and abdomen melanoma.**

**Peanut Butter: Peanut Butter contains Supplement E. You can have this either with bread during breakfast or with a whole feed toasted bread at any time of the day.**

**Berries: Three types of fruits and vegetables are helpful in avoiding melanoma. They are red grapes, be aware that fact: blueberries and Raspberries. These fruits and vegetables contain an anti-oxidant known as pterostilbene, which battles against all the melanoma producing tissues in one's human body.**

**Sweet Potatoes: People, affected by bronchi and abdomen malignancies are recommended to consume yams by doctors. They contain a very powerful anti-oxidant known as Try out carotene that allows to combat against melanoma. Women affected by breasts malignancies are also recommended to have yams.**

**Ground Flax seed: Floor flaxseed contains omega-3 body fat, which stops the development of a growth within one's human body. Moreover, cellular strains also get reduced to a large extent by consuming ground flaxseed.**

**Turmeric: Most of us, do not know that turmeric extract actually minimizes melanoma. It contains an ingredient known as curcumin that functions as an anti-inflammatory agent. Assessments were carried on lab animals; it was seen that turmeric extract can help to avoid breasts, abdomen and united states.**

**Green Tea: Most of us have natural tea to bid adieu to the ravages of time and maintain the youthful look, but natural tea also allows to lower the chance of having pancreatic and anal malignancies. It contains catechins that help to stop the development of melanoma tissues in you.**

**Include the above foods and fruits and vegetables in your diet and say bye- bye to Cancer.**