**Garlic lowers your risk for colon cancer**

A large-scale study, called the Iowa Women’s Health Study, looked at how much garlic, fruit, and vegetables were in the diets of 41,000 middle-aged women. Results showed that women who regularly ate garlic, fruits, and vegetables had a 35% lower risk of developing colon cancer.

Allicin, garlic’s active ingredient, has been shown to be the reason why garlic can be so effective. In fact, population studies have revealed that those who eat more fresh, raw garlic are less likely to have stomach, colon, esophagus, pancreas and breast cancers. Garlic supplements, even “natural” versions, are not as effective.

**Beets inhibit cancer cell growth**

The modern interest in using beetroot as a treatment for cancer started in the 1920′s when two German doctors by the name of Farberse and Schoenenberger used beetroot to treat cancer patients.

In the early 1930’s, a Hungarian professor carried out experiments to show that beetroots improved the health of cancer patients.

**Drink green tea to lower your risk of cancer**

Green tea contains powerful flavonoids called catechins. Its primary catechin is called EGCG. Researchers in South Korea have found that this compound can naturally stop TNF or tumor necrosis factor. This chemical is involved in the body’s inflammatory process and can cause cell death and joint damage.

**Avocados boost the body’s defense mechanisms**

Avocados can protect against cancers, in particular breast cancer, due to their high level of concentrated carotenoids. The high level of fat in avocados helps the body to better absorb these powerful compounds, which can stop the growth of both androgen-dependent and androgen-independent cancer cells.

Avocados have a high level of vitamin E – which turns off the agents that encourage cancer cell growth.