**\*Treatment of cancer through a healthy diet\***

**Researchers believe that certain foods can fight cancer by blocking the blood vessels that feed blood cancer in a process called anti-angiogenesis. Scientists estimate that eating the optimal diet may reduce your risk by up to 70% and would likely help recovery from cancer as well.**

**Some of the key anti-cancer food groups include:**

**• Vegetables: Observational studies have linked higher consumption of vegetables with a lower risk of cancer. Many vegetables contain cancer-fighting antioxidants and phytochemicals. Such as, cruciferous vegetables including broccoli, cauliflower and cabbage contain sulforaphane, a substance that has been shown to reduce tumour size in mice by 50%.**

**Other vegetables such as tomatoes and carrots are linked to a decreased risk of prostate, stomach and lung cancer**

**• Fruit: Similar to vegetables, fruits contain antioxidants and other phytochemicals, which may help prevent cancer. Other reviews found that at least three servings of citrus fruits per week reduced stomach cancer risk by 28%.**

**• Flax seeds: Flaxseeds have been associated with protective effects against certain cancers and may even reduce the spread of cancer cells.**

**For example, one study found that men with prostate taking 30 grams of ground flaxseed daily experienced slower cancer growth and spread than the control group. Similar results were found in women with breast cancer.**

**• Spices: Some test-tubes and animal studies have found that cinnamon may have anti-cancer properties and prevent cancer cells from spreading.**

**Additionally, curcumin, which is present in turmeric, may help fight cancer. One 30-day study found that 40 grams of curcumin daily reduced potentially cancerous lesions in the colon by 40% in 44 people not receiving treatment.**

**• Beans and legumes: Beans and legumes are high in fibre, and some studies suggest that higher intake of this nutrient may protect against colorectal cancer.**

**• Nuts: Regularly eating nuts may be linked to a lower risk of a certain type of cancers.**

**For example, one study in more than 19,000 people found that people who eat more nuts had a reduced risk of dying from cancer.**

**• Olive oil: Many studies have shown a link between olive oil and reduce cancer risks.**

**One large review of observational studies found that people who consumed the highest amount of olive oil had a 42% lower risk of cancer, compared to the control group.**

**• Garlic: Garlic contains allicin, which has been shown to have cancer-fighting properties in test tube studies. Other studies have found an association between garlic intake and lower risk of a certain type of cancer, including stomach and prostate cancer.**

**• Fish: There is evidence that eating fresh fish can help protect against cancer, possibly due to healthy fats that can reduce inflammation.**

**• Dairy: The majority of evidence suggests that eating certain dairy products may reduce the risk of colorectal cancer. Moderate consumption of high-quality dairy products, such as raw milk, fermented milk products and milk from grass-fed cows may have a protective effect.**