# Cellular Health

Nutrition and genetic disposition each account for about 30 percent of the general risk of developing cancer. Epidemiological studies confirm that a large number of plant constituents have protective properties, which can be explained by the results of research undertaken in molecular biology.

Uncontrolled cell growth implies changes in the transcription inside the cell nucleus or the translation inside the cell. This is exactly where the molecules of curcumin, capsaicin, lycopene, catechines, resveratrol, or the bee antibiotic propolis intervene. Their aim is to inhibit protein synthesis outside normal cell regulation. The chance of success is even greater if the principles of chronobiology are taken into account as well.