

Cancer

What's it?

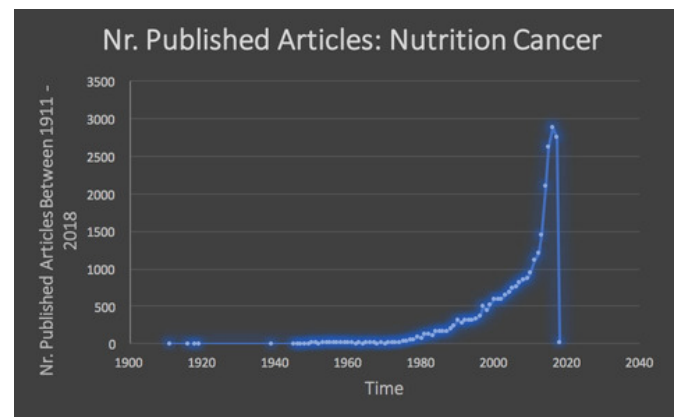
Group of disease involving abnormal cell growth and proliferation, with potential to spread to other parts of the body.

Why Bio?

Sustainable production techniques give rise to soils rich in nutrients (minerals, antioxidants) of natural origin and, consequently, healthier foods.

A french person, on average, consumes 1,5 kg of additives, pesticides and other undesirable compounds each year.

Statistics



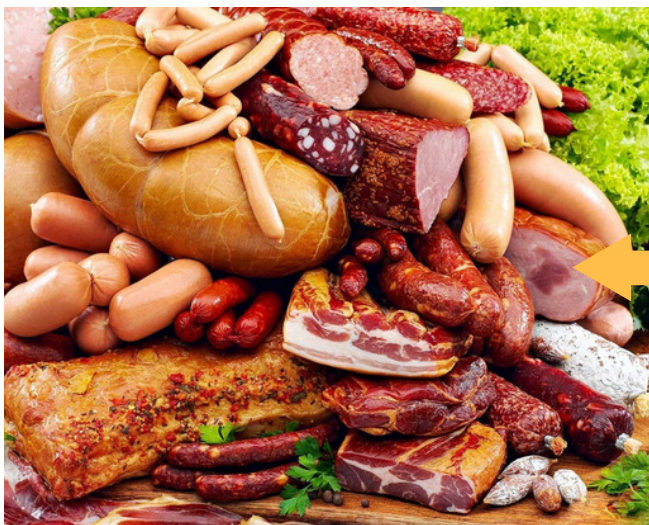
How to Prevent Cancer & Recurrences

1. Soup consumed everyday will help to fulfill the dairy nutrient recommendations. It is easily ingested and digested.



2. Aliments rich in saturated fats, as long as red (bottom left) and processed meat (bottom right) should be avoided. Substitute them by white meat (chicken, turkey & other birds), dried fruits and vegetables.

- Beef
- Pork
- Lamb
- Goat
- Hot dog
- Ham
- Bacon
- Sausage



3. Plenty of water should be consumed during the all day. With ageing, body loses some of its capacity to detect dehydration. Consumption of alchool superior to 1 glass to women and 2 for men is strongly discouraged. Fruit juices and milkshakes are also recommended.



4. Addition of salt and any type of sugar are known to increase the incidence and dangerousness of many diseases.

The use of spices is recommended as substitute to prepare flavoured rich meals.

Salt and sugar, the body needs, can be solely obtained through the aliments that already contain them.

5. Consume at least 5 pieces of fruit or vegetables per day. They are rich in vitamins (important to guarantee a strong immune system) and antioxidants (preserve healthy cells and supress harmful chemical reactions).



6. The use of supplements should only be considered in case of a dangerous lack of some specific nutrient. It is not benefical the consumption of any nutrient over the upper intake limits.

Supplements do not substitute nutrients obtained through the food.



8. By avoiding frieds, cooking at high temperatures, direct contact between food and flame, and flipping meat often, the production and release of hazardous compounds from the food is reduced.

7. Controlling your weight, you are preventing cancer and facilitating its diagnosis.

