

Society. Executive Chef Roy Khoo of Cancer Treatment Centers of America at Southeastern Regional Medical Center in Newnan, Ga., has provided a few recipes to promote healthy living. The dishes not only promote a healthy lifestyle but could also help those already suffering from different forms of the disease. The first recipe stars wild salmon at the center of the plate. Salmon is a good source of vitamin D, B6, selenium and the popular omega-3 and omega-6 polyunsaturated fatty acids. These nutrients, especially the "omegas," have been associated with reducing the risk of at least a dozen cancers. Wild salmon contains less mercury than other fish. One study shows one protein found in salmon might inhibit the growth of human breast cancer cells. For those already suffering from cancer, some of wild salmon's compounds have been shown to increase the success of treatments such as chemotherapy. It might be possible to combat cancerous cells by eating wild salmon at least once a week. Farm-raised salmon contain less of the beneficial fatty acids and other healthful compounds. Farmed salmon are fed less desirable food than that of their wild cousins. Farmed salmon are also treated with antibiotics, pesticides and hormones to increase yields in cramped growing conditions. Additionally, fish absorb contaminants from the waters where they