

## Reduce Cancer Risk

Cancer is now the leading cause of death globally. It is estimated that cancer will kill 84 million people in the next ten years. While the causes of cancer are complex, it is well known that certain things can lower the risk of getting it. The most important recommendations are to avoid toxins and eat healthy foods. Nature foods has many nutrients that are known to help protect against cancer.

Studies have shown that Sterol/Sterolins and Omega 3, 6 and 9 can increase natural killers (NK) cell activity and act as a potent immunomodulator for the treatment and restoration of immune dysfunction.

Gamma Oryzanol (Ferulic acid) is known to be anti-mutagenic. Inositol, IP6, Polyphenol, Fiber, Tocotrienols and Antioxidants are all known to be anti-carcinogenic. Polyphenols and Tocotrienols have been shown to inhibit Phase 1 microsomal enzymes, and the lipoprotein fraction of nature foods has been shown to inhibit abnormal cell proliferation.

Numerous epidemiologic studies reported an association between high fiber intake and reduced incidence of colon cancer and breast cancer. A 1992 study by Harvard Medical School found that men who consumed only 12 grams of fiber a day were twice as likely to develop precancerous colon changes as men whose daily fiber intake was about 30 grams. Scientist theorize that insoluble fiber adds bulk to stool, which in turn dilutes carcinogens and speeds their transit through the lower intestines and out of the body.

12 studies found a link between high fiber intake and reduced risk of breast cancer. In the early stages, some breast tumors are stimulated by estrogen circulating in the blood stream. Scientist believe that fiber may hamper the growth of these tumors by binding with estrogen in the intestine, preventing it from being reabsorbed into the bloodstream.

IP6 has been shown to exhibit significant anti-cancer activity and to inhibit tumor cell growth in colon, intestinal, and liver cancers. Carotenoids (including the Alpha Carotene, Beta Carotene, Lutein, Lycopene, Zeaxanthin and Precryptoxanthin/Cryptoxanthin found in nature foods) offer powerful protection against many different types of cancer. Lycopene in particular has been associated with lower rates of prostate cancer.

Pangamic Acid (B15) has shown to have a unique ability to release a type of cyanide only at cancer sites, thereby destroying cancer cells while at the same time, nourishing non-cancerous tissue.

Sterols and sterolins (found in plants) are great immune supporters. They help the immune system to stop cancer, kill bacteria, destroy viruses and slow down the aging process. They have also been shown to keep patients infected with the HIV virus from developing AIDS.

When a person has a weak immune system, even a simple cold or flu can escalate and become a life threatening illness. Having a strong immune system is the best defense against illness and disease.

One of the most important nutrients CoQ10 which is an immune booster routinely recommended as part of people suffering from cancer such as cardiovascular disease, Muscular Dystrophy, periodontal Disease and many more.

Nutritionally strengthening and supporting the immune system is essential, especially after the age 50 because the body's natural defenses decline with age.

## About the Author

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