

Cancer Prevention - Top 10 Tips

Top Ten Anti-cancer Compounds:

Catechins - Found in its most concentrated form in green tea, these are antioxidants and free radical scavengers. Chinese herbalism considers green tea to have an affinity for the liver.

Ellagic Acid - This polyphenol antioxidant and anticancer compound is most commonly found in certain fruits, especially strawberries, raspberries, and blackberries, but also in grapes and apples.

Glutathione - The mineral selenium's anticancer benefits depend in large part on its effect upon the body's production of glutathione, the powerful antioxidant detoxifier. Prostate cells that become cancerous typically have a defect in glutathione production. Good sources of glutathione and its building blocks are whey protein, asparagus, broccoli and watermelon.

Indoles - Indole-3 carbinole, sulforaphane, and calcium D-glucarate either stimulate the production of Phase II detoxification enzymes and/or prevent the reabsorption of toxic compounds the body has processed for elimination. Good sources are cruciferous vegetables such as broccoli, sprouts, and other cabbage family members.

Isoflavones - The best known of the isoflavones are genistein and daidzein from soybeans. Other good sources include red clover and various legumes. Isoflavones reduce the impact of toxic estrogen-like chemicals and may slow the division of cancer cells.

Lignans - These have anti-estrogen activity and can protect against hormonal cancers. The most concentrated source is flaxseeds.

Lycopenes and other carotenoids - Lycopene is found in our daily diet and has the best record in preventing the development of prostate cancer. Some other important carotenoids are cryptoxanthin, zeaxanthin, and lutein. Those supplementing the most common carotenoid beta-carotene, should take extra vitamin E and should not consume alcohol. Lyco-Mato, a supplement I recommend, is particularly effective in treating prostate cancer. Developed in Israel, it contains a high level of lycopene.

Proanthocyanidins - These polyphenolic compounds are the primary active ingredients in grape seed extracts and are the most powerful protective compounds found in the red wine of the "French Paradox." These antioxidants help to protect the arteries, prevent the oxidation of LDL cholesterol, reduce blood pressure, and slow the invasion of cells by viruses. In vitro tests have shown protection against some forms of cancer and against cancer inducers.

Sulfur Compounds - Sulfur-containing compounds found in cruciferous vegetables and the ally sulfides and related compounds found in garlic promote the action of glutathione in detoxification and antioxidant protection. These compounds improve immune function.

Terpenes - These antioxidants include limonoids, such as D-limonene, and technically include the carotenoids as well. D-limonene also activates the liver's Phase II enzyme system and is useful against some cancers.

The above guidelines were developed by Jesse Stoff, M.D. and taken from his book 'The Prostate Miracle'. Used by permission.