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The Richardson Cancer Prevention Diet is an affective, easy, and safe way to help your body resist modern diseases. The Richardson Cancer Prevention Diet will help you restore your health, gain energy, and purify your body, mind, and spirit. Please check this site out:

<http://tinyurl.com/The-Alternative-Cancer-Treatme>

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The National Cancer Society has estimated that nearly one in three cancer deaths are actually diet related. Those are astonishing statistics considering that means we may actually be able to prevent cancer with our diet choices, or cause it.

Research has shown that certain foods actually contribute to the growth of cancer while others help to lessen the risk. The dietary choices we make today affect us for the rest of our lives. Here are some of the food groups to help you make the right choices. In this article we are going to look at four cancer fighting food groups that will help you reduce your risk of developing cancer.

Raw Vegetables and Fruits - Hundreds of studies show there is a direct correlation between cancer and diet, that is, eating mainly vegetables and some fruits helps to reduce your risk of developing cancer. This is partially because eating more vegetables and fruits decreases our appetite for fatty foods. Fatty foods in general increase your risk of developing cancer. Plus, plants actually contain a substance called phytochemicals, which may help prevent cancer as well. When possible, you should eat fresh vegetables and fruits. If these are not available the next best thing is frozen. You should avoid eating canned fruits and vegetables as much of the nutritional value is lost in the canning process.

Foods High in Fiber - Studies have shown that people who consume a high fiber diet have a decreased risk of developing cancer. It makes sense since fiber helps to move potential cancer causing substances out of our bodies. The less we are exposed to the cancer causing substances, the less our chances are of developing cancer. This is especially true in cancer of the colon. Some foods high in fiber include: black beans, lentils, lima beans, and avocados, broccoli, spinach, swiss chard, green peas and dark green leafy vegetables.

Foods High in Antioxidants - Scientific research has shown a decreased risk of cancer in people who consume high amounts of antioxidants such as beta carotene, vitamin C and vitamin E. Antioxidants protect the membrane of intestinal cells as well as help to prevent bowel movements from becoming carcinogenic. Vegetables and fruits are generally the best source for foods high in antioxidants. Some of these foods include: berries, pepper, kale, ginger, lime, oats, barley, and prunes.

Foods of a Plant Origin Rather Than Meat Based - Studies have found that people who have a primarily plant based diet (such as vegetarians) have a much lower risk of developing cancer compared to those who have a primarily animal meat and dairy based diet. Scientists believe that those who have a plant based diet are less susceptible to cancer because plants contain less fat, more fiber and phytonutrients. Instead of eating a diet rich in meat, try consuming more rice,

seeds, beans, chick peas and of course vegetables.

The above are just four cancer fighting food groups. There are many more. Changing our diet and the food that we consume on a daily basis is one of the most powerful and easy ways we can help control our risk of cancer.

It is important to note that other factors such as lack of exercise, a high sugar diet, alcohol abuse, stress, high toxins, smoking and obesity are other risk factors that we can also control. Be aware that although fruits are a much better choice than other foods because of the nutritional benefits, they are high in sugar which feeds cancer as well and therefore should be eaten in moderation. When making any dietary or lifestyle changes it is always important to consult with a qualified health care provider.

Joyce O'Brien and Kevin O'Brien have been cancer survivors for the past 8 years. Joyce was able to reverse her stage 4 breast cancer and her husband Kevin was able to reverse his Stage3B cancer. They once suffered from chronic fatigue, allergies, sinus problems, daily headaches, and persistent stomach issues which ultimately lead to a cancer diagnosis. That was until they started an anti cancer diet and cleanse and within three weeks of starting this cleanse, their symptoms they had lived with nearly all their lives had diminished.

Searching for a great way to reverse cancer? Joyce and her husband, Kevin have done it and so can you. Read their findings on how to prevent cancer and save yourself or someone you love today.

Joyce and Kevin OBrien are not medical providers. The information in this article is not intended to replace the services or advice of a health care or medical provider. Any medical questions, general or specific, should be addressed to a qualified health professional. Use of this article signifies your agreement to the disclaimer. The products and information mentioned are not intended to diagnose, treat, cure or prevent any disease. Always check with your physician before starting any new nutritional product, exercise program or any other lifestyle modifications.

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http://EzineArticles.com/?expert=Joyce_O#39;Brien

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