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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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What Causes Diet-Related Cancers?

Current research suggests that there is a strong link between diet and cancer. A poor diet may lead to the chance of developing diet-related cancers such as bowel, breast and stomach cancer. Recent research suggests that a modifiable risk factor, including obesity, low fruit and vegetable intake, physical inactivity, smoking and alcohol use, may be a contributing factor in more than a third of cancers. There is now a strong evidence that obesity is a risk factor for some cancers, such as bowel, prostate, postmenopausal breast, uterine and renal (kidney) cell cancer.

There are many possible causes and the exact mechanisms are unclear, however, it is thought that cancer is often associated with overweight or physically inactive, causing the body to secrete higher amounts of insulin and growth factors. This, in turn, can cause fast growth and genetic changes to body cells and increases the risk of stimulating cancer-causing cells. Conversely, certain foods have been singled out as being particularly good at fighting cancer.

Cancer-Fighting Diet - Antioxidants-Rich, Low Saturated Fat, High Fiber Foods

Cancer-fighting and cancer-preventing diets includes eating more fiber-packed plant foods and phytonutrients, reducing saturated fat intake and maintaining a healthy body weight. A diet rich in grains, fruit and vegetables is particularly important to fight cancer. They are high in fiber, low in saturated fat and contain antioxidants, which work to clean up the free radicals or unstable molecules in your body, which otherwise, can cause cellular changes that may lead to cancer.

Beef Fajitas with Avocado Sauce Recipe

Below sumptuous beef fajitas with avocado sauce recipe is packed with cancer-fighting agents that can help to combat cancer. Nutrient-rich avocados are rich in the antioxidant vitamins (A, C and E) that protect cells from the damage inflicted by free-radicals and are useful for preventing cardiac disease. Not only does eating avocado provide its own antioxidants, it also improves the absorption of antioxidants from other fruit and vegetables eaten at the same time. Whilst vitamin B3 (niacin), B12 and selenium in beef are often linked with a reduced risk of cancer, particularly bowel cancer. Combining beef together with avocado in a dish makes an ideal cancer-preventing, cancer-fighting and cancer-healing diet.

Ingredients:

Serves 4

2 tablespoons sunflower oil
450g / 1lb beef fillet or rump steak, trimmed and cut into thin strips
2 garlic cloves, peeled and crushed
1 teaspoon ground cumin
1/4 teaspoon cayenne pepper
1 tablespoon paprika
230g can chopped tomatoes
215g can red kidney beans, drained
1 tablespoon freshly chopped coriander
1 avocado, peeled, pitted and chopped
1 shallot, peeled and chopped
1 large tomato, skinned, deseeded and chopped
1 red chili, diced
1 tablespoon lemon juice
6 large flour tortilla pancakes
3-4 tablespoons soured cream
green salad, to serve

Method:

Heat the wok, add the oil, then stir-fry the beef for 3-4 minutes. Add the garlic and spices and continue to cook for a further 2 minutes. Stir the tomatoes into the wok, bring to the boil, cover and simmer gently for 5 minutes.

Meanwhile, blend the kidney beans in a food processor until slightly broken up, then add to the wok. Continue to cook for a further 5 minutes, adding 2-3 tablespoons of water. The mixture should be thick and fairly dry. Stir in the chopped coriander.

Mix the chopped avocado, shallot, tomato, chili and lemon juice together. Spoon into a serving dish and reserve.

When ready to serve, warm the tortillas and spread with a little soured cream. Place a spoonful of the beef mixture on top, followed by a spoonful of the avocado sauce, then roll up. Repeat until all the mixture is used up. Serve immediately with a green salad.

Gladys is passionate about health. She believes in natural healing and is an advocate in healthy diet, exercise and positive thinking.

If you think that watching your weight, keeping a tab on your cholesterol level, maintaining your waistline and looking after your health equal dull and bland food, then Healthy Easy Food Recipes website will change your mind. Gladys also shares various diabetes diets in her Diabetic Diet and Low Carb Recipes website. She reckons home-cooked dish is akin to culinary art which you can add a personal touch, a healthy note and a sprinkling of love to whom you concerned.

Article Source:

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