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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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Does stress in your life cause development of cancer? That may depend on what your eating. A terrible diet on top of stress can not be a good thing. I am not here being "chicken little" and shouting the sky is falling, but we are living through an extremely stressful period of history.

Hundreds of studies have documented how stress impacts our immune systems and ability to fight off invading organisms. This study goes a long way toward documenting the link between stress and cancer. The implications for further research are huge.

Without getting technical, certain hormones increase when the body is effected by stress. Basically, these hormones can promote the growth of the hormone norepinephrine. Norepinephrine has the ability to induce factors that are believed to promote cancer of pancreatic duct epithelial cells.

Norepinephrine is a neurotransmitter that is similar to adrenaline. These hormones act together to produce heart rate and blood pressure increases among other biochemical actions to launch us into our natural defense mode, described as fight or flight. Chronic high levels of stress result in chronic high levels of norepinephrine and adrenaline.

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Based on theses results, the researchers performed further testing to see if dietary agents sulforaphane and resveratrol can inhibit norepinephrine-mediated increases in cell proliferation.

Sulforaphane is a compound that can be obtained by eating cruciferous vegetables such as brussels sprouts, broccoli, cabbage, cauliflower, bok choy, kale, collards, kohlrabi, mustard, turnip, radish, rocket, and watercress.

If eating healthy amounts of cruciferous vegetables does not appeal to you, try adding broccoli sprouts to a sandwich or salad. Broccoli sprouts don't have to be eaten daily to provide their full effect. A one ounce serving is good for three days worth of full spectrum antioxidant protection from sulforaphane comparable to the best antioxidant supplements on the market. A box of sprouts contains four of these servings and retails for about 4 dollars.

Juicing is another good way to consume those vegetables you don't like, particularly if you have

digestive difficulties. You can add cruciferous vegetables to your vegetable juice recipes. One large stalk of broccoli makes only about an inch of power packed juice in a glass, so it doesn't have a huge impact on the taste of the recipe.

Lets break some things down...

Stress. Within this word is Rest and have you found out that most problems are not as big you think. Problems are real, but stress just wants to keep you down. We can not have clarity when we are "stressed".

Diet. No one wants to feel bad and have issues. Some of us have organs that do not function correctly which are out of our control and some of us do have a correctly functioning system. I don't have answers why, but I do know that our bodies need nutrition...and joyful mindset is from above.

Prescription:

Take a vacation from stress...say cya to stress and hello to happiness, even if you have to dig it up...pursuit is good thing.

Joni Bell has many years of extensive study in the area of natural cancer prevention and treatment. He is committed to keeping you up to date in the world of health. [<http://apricotpower-info.com/>]

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