



NISHANT BAXI

FIGHT OFF CANCER

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«Издательские решения»

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Table Of Contents

Foreword

Chapter 1:

Foods You Must Include

Chapter 2:

Fiber Is Your Friend

Chapter 3:

Chemicals Are Not Your Friend

Chapter 4:

Put Down The Smokes

Chapter 5:

Add Lycopene

Chapter 6:

Get Better Sleep

Chapter 7:

Sun Burns Are Bad

Chapter 8:

A Few Less Drinks

Chapter 9:

Drop Those Extra Pounds

Chapter 10:

Be Proactive

Foreword

This might be the single-most crucial and easy to comprehend info

you'll read about overcoming or preventing cancer. Once you comprehend the underlying causes of cancer and what to do to correct those causes, you are able to take effective action to overcome your cancer.

Discovering that you or a loved one has cancer can be utterly

terrifying. All the same, once you comprehend the causes of cancer and learn how to reverse those causes, you or your loved one may have more than a fighting chance of beating out cancer. Regrettably, these techniques can't help everybody survive, but if the individual utilizing these strategies has enough time left so that they may start to work, rather often they reverse their cancer.

Even if you're taking the standard medical treatments or just trying not to ever get cancer, you are able to safely improve the effectiveness of what you do by utilizing some of the things covered here.

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Chapter 1:

Foods You Must Include

Synopsis

According to the National Cancer Institute, roughly 1/3 of all cancer deaths may be ascribed to our diets. The advocated diet isn't elaborate or expensive. There are a lot

of foods and even spices that may very well help in the fight against cancer. Some authorities claims that a lot of healthy food choices will help reduce the possibility of contracting cancer, and may shrivel up tumors.

Eat Right

There are a lot of factors that put up contribute to cancer. According to Mayo Clinic, inadequate diet, obesity and smoking give the sack cause cancer. Genetic endowment is likewise a factor in some forms of cancer. It's simple enough to protect yourself from skin cancer. You should utilize sunscreen during the daylight hours to protect your skin from UV rays

Cruciferous veggies like broccoli, cauliflower, kale, brussel sprouts and cabbage hold 2 major antioxidants-lutein and zeaxanthin. These antioxidants might help battle against prostate cancer. Most of the fresh veggies in the food market contain antioxidants, vitamins and minerals, which might aid in the prevention of cancer.

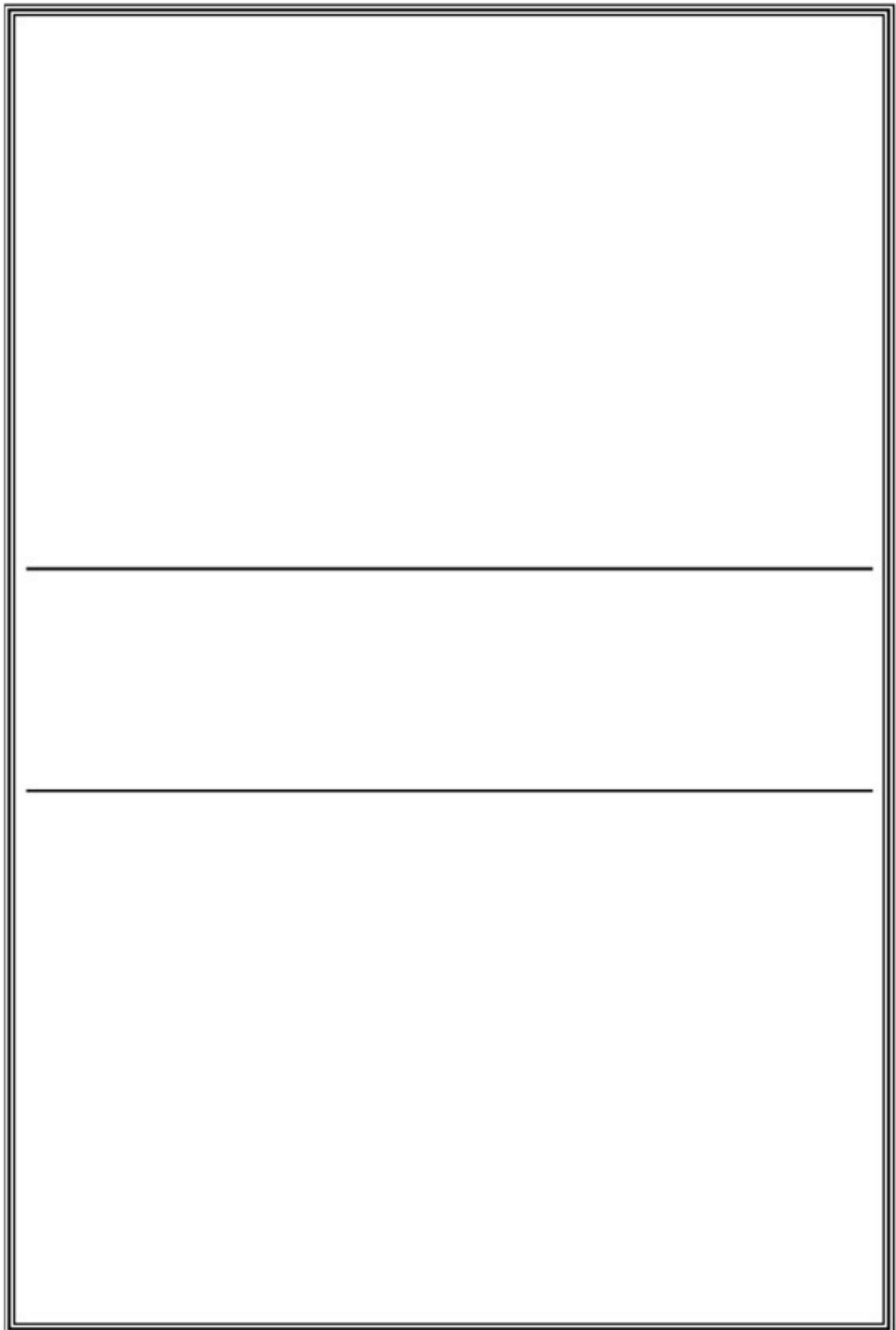
Oranges and lemons perk up the immune system to drive back cancer cells. Papayas bear ascorbic acid, which works as an antioxidant. Raspberries hold a lot of vitamins and minerals which help protect against cancer. Nuts hold a lot of antioxidants, which might suppress the growth of tumors.

Some authorities explain that tea is determined to have cancer-fighting powers. While all teas are good for the body, green tea is made from unfermented tea leaves. Consequently, it has the highest density of antioxidants. The antioxidants in tea are known as polyphenols.

An article issued in 2007 by the University of Maryland Medical Center explicates that polyphenols are thought to battle free radicals. Although free radicals come about naturally in the body, they're

believed to be the leading cause of many diseases, including cancer. The polyphenols in green tea might counterbalance these free radicals, and might even reduce or prevent harm to the body.

According to some authorities, garlic bears allum compounds that seem to support the immune system. Turmeric, which is a member of the ginger family, likewise helps battle cancer. Hot chile peppers and jalapenos bear capsaicin, which is thought to be a cancer fighting agent. Rosemary, which is a flavorful spice, might help in the battle against cancer.



Chapter 2:

Fiber Is Your Friend

Synopsis

Fresh research affirms what nutritionists have stated for years: consuming lots of high-fiber foods is a capital way to protect your health. That may sound like a steep claim. But according to investigators conducting the biggest-ever study into the relationship between diet and cancer, it's the facts.

Use Fiber

Some may feel the jury is still out on fiber's role as a cancer fighter. All the same, given the many advantages of high-fiber foods like whole grains, fruits, and veggies, the arguments for contributing more fiber to your diet are overpowering. A high-fiber diet may cut levels of blood cholesterol, help keep up regularity, and avert gastrointestinal conditions like diverticulitis.

Contrary to their processed counterparts, like white rice or white bread, whole-grain foods hold their original fiber, the nutrient-rich bran and germ, and the starchy endosperm. That may sound academic, but from a nutritional point of view it makes a huge difference.

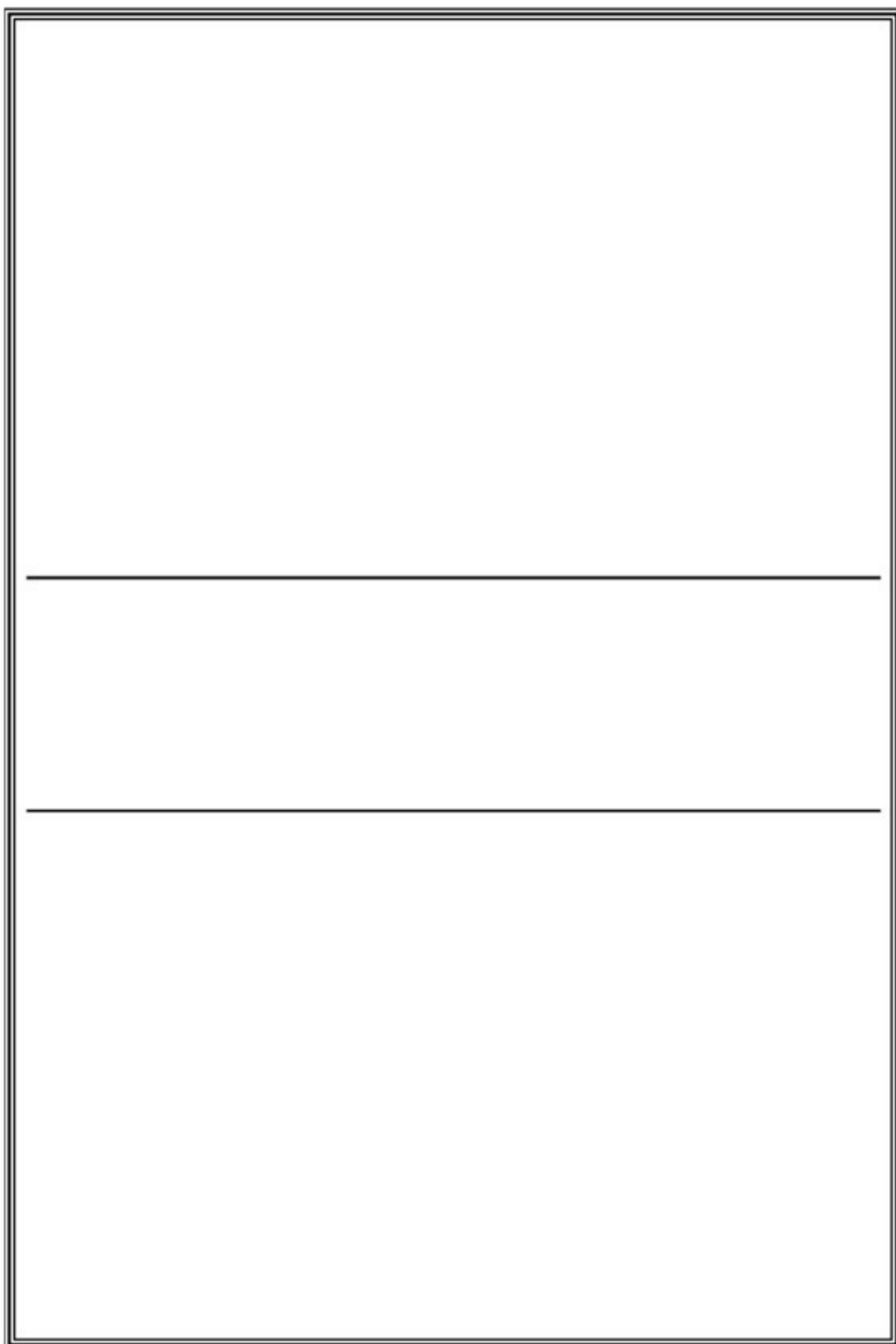
Processing whole grains to produce a refined grain takes away most of their nutritional content. Individuals erroneously believe that the laws calling for white flour to be enriched counterbalance for the many useful nutrients lost during processing. It's straight that a few synthetic vitamins and minerals are added to our white flour, but this does not even come close to reestablishing all the lost nutrients.

Whole wheat, for instance, contains calcium, iron, magnesium, phosphorus, sodium, zinc, copper, manganese, and selenium. It likewise has vitamin C, thiamin, riboflavin, niacin, pantothen, vitamin B6, folate, and vitamin E.

The body changes all carbohydrates into glucose. But it breaks down processed grains much faster than intact grains. The speedy breakdown of processed carbs often causes wide sways in blood

glucose that may trigger hunger cravings, cause the release of tension hormones, and originate the buildup of arterial plaques.

Basic whole grains include brown rice, barley, millet, oats, buckwheat, rye, and whole wheat. You may also want to try out some traditional Native American grains such as quinoa ("keen-wa") or amaranth, found in health-food stores. Good whole-grain recipes are simple to discover on the net. But savoring these highly nutritious foods may require patience-whole grains commonly take longer to cook than refined grains.



Chapter 3:

Chemicals Are Not Your Friend

Synopsis

Toxins and Pollutants are brought into our homes day-after-day through water, food, dirt, dust and household cleansing products. For instance, the serious toxin phenol may be detected in a few disinfectants, antiseptics and even air fresheners. Continued exposure to phenols and additional toxins might have injurious effects on our nervous and respiratory systems, also induce cancers. It's crucial to educate yourself to enable you to cut down your risk and exposure. When you start to educate yourself about the chemicals and toxins on the labels of the products in your house, you might prefer to substitute some of the toxic agents you discover with non-toxic options.

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