

Hazelnuts	1 ounce	496
SOURCE: U.S. Department of Agriculture		

s. If you take a vitamin D supplement, do not exceed 5,000 IU's daily. Many experts recommend D-3 as the best form of the vitamin to take.

**EAT A COLORFUL DIET.**

Fruits and vegetables with high amounts of pigment contain the most powerful antioxidants that help protect cells from free radical damage and oxidation that can lead to cancer.

Scientists at Rutgers University say that blueberries, for example, contain a compound called pterostilbene that dramatically reduced colon cancer in one study. That's not all — blueberries have also been shown to slow the growth of breast cancer. Tomatoes, broccoli, and spinach are also strong cancer fighters. It's a rule of thumb — if it's a colorful addition to your diet, you're good to go.

TURMERIC/VANILLA Y CHILE/BIGSTOCK / ONIONS/AFRICA STUDIO/DOLLAR PHOTO CLUB

**ERIC**



**ONIONS**



What many people don't know is that there are other steps that will dramatically cut the chances of getting cancer, which is the No. 1 cause of death worldwide.

Dr. Chris D'Adamo, assistant professor at the Department of Family and Community Medicine at the University of Maryland, has done extensive cancer prevention research.

"You can take steps to safeguard you and your family and decrease your risk," he says. Here are his tips along with those from other top cancer experts:

**AVOID COPPER IN FOODS.**

Autopsies of people who died of cancer have shown they often have abnormally high levels of copper in their bloodstream. Other studies show that when cancer patients are in remission, their levels of copper are lower than when their disease is full blown.

D'Adamo recommends avoiding organ meats, especially beef liver, and oysters, which have high amounts of copper. Some nuts also have high copper levels. (See chart.)

**CHECK VITAMIN D LEVELS.**

The "sunshine vitamin" appears to promote cancer cell death as well as boost your immune system. Have your doctor test your vitamin D levels to find out if they are adequate.

If not, take supplements, get at least 15 minutes sunshine daily, or consume vitamin D-rich milk, fish, and fish liver

**TURMERIC**





**COLOR ME CANCER-FREE** Color is key when it comes to healthy fruits and vegetables.

**EAT LESS RED AND PROCESSED MEAT.**

Several studies show that red and processed meats raise the risk of colon cancer. In fact, avoiding red meat can cut your overall cancer risk by 40 percent. Chicken seems to have no effect on colon cancer rates and eating more fish reduces risk.

**SPICE UP YOUR LIFE.**

Many studies show that turmeric, ginger, onions, and garlic protect your body against cancer. Researchers at Tuft's University published a report showing that Kyolic aged garlic extract lowers the risk of stomach, colon, and prostate cancers. The National Cancer Institute sponsored a study that shows people who eat 3 ounces of garlic and onions daily were 40 percent less likely to develop stomach cancer as those who did not.

University of Michigan scientists found that ginger inhibits cancer growth. And several university studies, including research at the University of Chicago, touts turmeric, the colorful component of Indian curry powder,

as an excellent cancer fighter, especially for leukemia, breast cancer, and colon cancer. Turmeric also contains a substance called curcumin that inhibits the growth of deadly melanoma skin cancer, according to University of Texas researchers.

**DRINK GREEN TEA.**

There have been numerous studies confirming the cancer-busting power of green tea. Says D'Adamo: "It contains polyphenols, which have been shown to suppress the growth and reproduction of cancer cells."



**GET ADEQUATE SLEEP.**

At Stanford University, researchers studied the link between how well you sleep and how your body fights cancer. In particular, they wanted to know why night shift workers have a higher incidence of breast cancer.

What they found is that when you get adequate sleep, your body releases the hormone called cortisol which helps regulate the immune system and releases natural "killer" cells that help the body battle cancer.

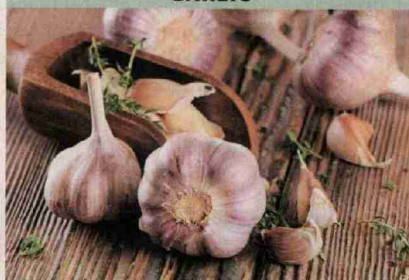
The other hormone affected by sleep patterns is melatonin, which is produced during sleep. Experts believe that melatonin may have antioxidant properties that can prevent damage to cells that can lead to cancer. It also

FOOD/IV/DOLLAR PHOTO CLUB / TEAL/GOBPHOTOS/DOLLAR PHOTO CLUB / GINGER/VOYAGER/DOLLAR PHOTO CLUB / GARLIC/BITZ/DOLLAR PHOTO CLUB

**GINGER**



**GARLIC**





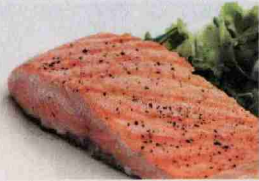
HEALTHY LIVING

lowers estrogen production from the ovaries; high levels of estrogen have been linked to breast cancer.

**EAT MORE FISH, TAKE FISH OIL.**

Rutgers University nutritionists found that Japanese women had less breast cancer because they eat more fish than American women.

Researchers say that taking daily fish oil, which contains health-boosting omega-3 fatty acids, not only decreases your risk of cancer, but dramatically slows the progression of the disease if you do get



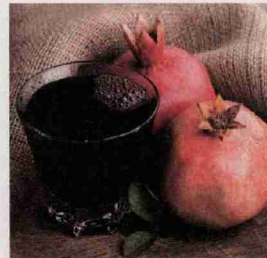
it. It also boosts the immune system and reduces inflammation in the body, a factor many experts say leads to cancer and heart disease. Make certain that fish oil you take says on the label that it contains both EPA and DHA, which are healthy fatty acids.

**USE THE RIGHT SUNSCREEN.**

Kenneth Beer, a leading dermatologist from Palm Beach, Fla., advises: "Use a sunscreen that protects against both UVA and UVB rays with an SPF factor of 30 or above. I recommend Neutrogena or Coppertone brands." Dr. Beer says he prefers waterproof lotions and not sprays, which can be inhaled and could cause lung problems.

**DRINK POMEGRANATE JUICE.**

The fruit's deep red juice contains polyphenols, isoflavones, and ellagic acid — a potent anticancer trio. It's also been shown to delay the growth of prostate



cancer. University of Wisconsin researchers published a study showing that pomegranate juice may inhibit lung cancer. If you smoke, have ever smoked, or live in a smoky environment, drinking this juice can boost your defenses.

**RELAX AND SMILE!**

Purdue University researchers studied 1,600 men over a 12-year period and found that 34 percent of the more neurotic men died of some sort of cancer. Dr. D'Adamo says that slowing down a little, enjoying life, and having a strong social network are all

**LAUGH IT UP** Laughing and enjoying life can keep cancer at bay.



factors that may reduce your cancer risk. "Laughing is also a great cancer buster," he says. "I try to watch something funny in the morning and at night before I go to bed."

**GET A COLONOSCOPY.**

If you are over 50. Colon cancer is the second-leading cause of cancer death in the United States — and it is largely treatable if it is found early.

**AVOID CHEMICALS.**

Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic*, says it's important to avoid chemical pesticides whenever possible. "If you must treat your house, use boric acid or bug bait traps," he advises. Thoroughly wash non-organic fruits and vegetables.

**TAKE A GOOD MULTIVITAMIN.**

This is your insurance policy. Many nutrients are associated with cancer prevention.

**TAKE DAILY ASPIRIN.**

Many people know that a daily low-dose aspirin is advised for heart health, but it also has been shown to protect against breast, prostate, and colon cancers, according to recent research. Two major meta-studies found that it reduces the risk of cancers spreading by 35-40 percent.

**EAT BROWN RICE ONCE A WEEK.**

This will cut your risk of precancerous colon polyps by 40 percent. Eating beans three times a week cuts the risk by one-third. Other high-fiber, whole-grain foods have a similar effect, studies show. □



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