

Fighting Cancer with Antioxidants

Cancer forms in the body when the DNA of cells is damaged. One source of this damage is free radicals, which are atoms that steal electrons from other atoms in a cell and through rapid chain reactions can damage a cell's DNA leading to cancer. Antioxidants neutralize free radicals and stop the cascade effect. As such, antioxidants are the body's defensive line against cancer. Eating a diet rich in antioxidants cannot cure cancer, but it is one method to reduce the risk of cancer and improve overall health.

Foods That Contain High Levels Of Antioxidants

An antioxidant rich diet should include not only the recommended 5-9 servings of fruits and vegetables per day, but also generous servings of legumes, nuts, seeds and whole grains. Drink plenty of water throughout the day to help hydrate your cells and enable your body to effectively process nutrients.

Vegetables

Bell peppers
Carrots
Spinach
Kale
Sweet potatoes
Broccoli
Red cabbage
Eggplant
Garlic
Onion
Brussel sprouts
Beets
Tomatoes
Cauliflower

Whole Grains

Brown rice
Oats
Barley
Millet
Buckwheat
Rye

Animal Protein

Salmon
Tuna
Red Snapper
Alaskan Halibut
Turkey
Chicken
Lean beef

Fruits

Oranges
Lemon
Lime
Kiwi
Cantaloupe
Papaya
Tangerines
Grapefruit
Pineapple
Pomegranate
Watermelon

Berries

Strawberries
Blackberries
Raspberries
Cranberries
Blueberries
Acai berries

Nuts

Walnuts
Pecans
Peanuts
Brazil nuts

Assorted

Green tea
Honey



Because Everyone's Journey IS Different