



# Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance professionals at Deutsch & Associates, LLC

**Spices such as ginger and cumin are powerful cancer fighters.**

## FIGHT CANCER WITH FOOD

A healthy lifestyle supports disease prevention, and adding the following body-strengthening foods into your diet can really go the extra mile.

**Beans** contain phytochemicals, which have been shown to prevent or slow genetic cell damage. Their high fiber content has been connected with a lower risk of digestive cancers.

**Berries** contain ellagic acid (most common in strawberries and raspberries) and anthocyanins (most common in blueberries). Ellagic acid helps prevent skin, bladder, lung and breast cancer by acting as an antioxidant and by slowing the reproduction of cancer cells.

**Cruciferous vegetables** such as broccoli, cauliflower, cabbage and kale are rich in a variety of compounds linked to slowing cancer growth and development, especially lung, stomach, colorectal, prostate and bladder cancer.

**Dark, leafy green vegetables** including romaine lettuce, mustard greens, chicory and Swiss chard contain carotenoids, a form of antioxidant that removes cancer-promoting free radicals from the body. These veggies are also rich in folate, which has been shown to reduce the risk of lung and breast cancer.

**Flaxseed**—eaten in the form of oil and meal—is believed to reduce the risk of breast, skin and lung cancer because of the presence of phytoestrogens.

**Garlic, Onions, Scallions, Leeks and Chives** contain compounds that are believed to slow tumor growth, especially in skin, colon and lung cancer.

**Red grapes** contain resveratrol, which is thought to prevent cell damage.

**Green tea** is rich in flavonoids, which slow or prevent

the development of colon, liver, breast and prostate cancer cells.

**Soy** contains isoflavones that protect against bladder, cervix, lung and stomach cancer. Soy is also comprised of compounds that are similar to the body's natural hormones, which may guard against breast and prostate cancer development.

**Tomatoes** are rich in Lycopene, which has been shown to fight prostate cancer, especially when consumed as tomato sauce, paste or juice. Lycopene may also protect against breast, lung, stomach and pancreatic cancer.

**Whole grains** contain fiber, antioxidants and phytoestrogen compounds, beneficial in decreasing the risk of developing most types of cancer.