

Nutrition for Breast Cancer

Breast cancer is very rare in men, it mainly affects women. It is not hereditary but certain factors are linked with developing breast cancer. They are, the risk of postmenopausal breast cancer is increased by being overweight, the use of hormone replacement (HRT) increases the risk, having the last menstrual cycle from the early 50's and older increases the risk, having the first menstrual cycle at a later age and being pregnant at an early age lowers the risk. Although most breast cancers are hormonally related other factors may affect the risk, such as stress, carcinogens, use of stimulants, exposure to pesticides and oral contraceptive. The symptoms of breast cancer are a painless lump that is found in the breast, if breast cancer spreads to other parts of the body then symptoms will affect that part of the body ranging from neurological problems, bone pain, weight loss, fatigue and anaemia. Along with traditional medicine changing the diet and one's lifestyle can help with breast cancer. Keeping to a vegetarian style diet by reducing animal fats in the diet (eat very little meat and cut out dairy products) will help, only eat organic vegetables and meat (this will reduce the exposure of pesticides and hormones), consume lots of tomatoes as these are high in lycopene which can inhibit the proliferation of cancer cells, consume plenty of olive oil, increase fibre in the diet, reduce the exposure of soft, fatty or acid foods to soft plastics (do not use cling film, buy food that comes in paper, glass or ceramic containers or if food is supplied in a plastic container then remove and store in glass or ceramic container in the fridge, cut out stimulants such as caffeine, sugar and alcohol, change one's lifestyle to minimise stress, maybe take up Yoga and meditation, increase exercise, cut out smoking and increase the consumption of the essential oils Omega 3 and Omega 6 which are found in oily fish, seeds, evening primrose oil, borage oil and flax oil. Foods that are anti-cancer and should be plentiful in the diet are sweet potatoes, carrots, watercress, peas, broccoli, cauliflower, kale, Brussels sprouts, spinach, onions, leeks, garlic, soy products, lemons, mangoes, melon, peppers, pumpkin, strawberries, raspberries, blueberries, blackberries, elderberries, pears, shiitake mushrooms, tomatoes, cabbage, grapefruit, kiwi fruit, oranges, seeds, nuts, squash, tuna, mackerel, salmon, wheat or rice bran, oats, wild rice, rye, apricot, walnuts, beans and the herbs and spices – rosemary, thyme, oregano and turmeric. These vegetable and fruits should be eaten raw and fresh as possible or lightly steamed so that no goodness is lost. Soy beans and products are extremely good in reducing tumour growth and inducing cancer cells to revert to normal. Soy beans have genistein in them which is an angiostat (anti-growth compound that prevent cancer from growing by preventing the formation of new blood vessels that aid cancer cells to grow). The following supplements may help if you are suffering from Breast Cancer. Antioxidant complex, Beta carotene, Biotin, Calcium, Cat's claw, Co-enzyme Q10, Copper, Folic acid, GLA, Evening primrose oil, Lutein, Lycopene, Magnesium, Melatonin, Multivitamins and minerals, Probiotics, Selenium, Shark cartilage, Vitamin A, Vitamin B3, Vitamin B6, Vitamin C, Vitamin D, Vitamin E, Vitamin K, Zeaxanthin, Zinc. To help reduce the damaging effects of chemotherapy and radiotherapy. B group of vitamins, Co-enzyme Q10, Evening primrose oil with vitamin C, Fish oil, Red wine extract, Siberian ginseng, St John's Wort, Vitamin E

About the Author

Eat Right with meal planning tools, healthy recipes, an online food log, and the latest nutrition information and weight.

Source: <http://www.productsherbal.com>