

The Relationship Between Cancer And Antioxidants

Cancer – a disease that affects so many around the world and continues to be studied earnestly in order to finally identify a cure. But, in the meantime, researchers, in an effort to take control of the spread of this heinous disease, promote programs of prevention. Diet, exercise, and the avoidance of controllable environmental pollutants are all part of the effort to prevent cancer. It has been shown that cancer derives from good cells gone bad. Affected by poor diet, environmental factors, and chemical substances, molecules inside the body lose electrons in response. The molecules become free radicals and, as such, they begin their attack on healthy cells to take back electrons. Such begins the battle within the body. Antioxidants – properties found in a variety of foods – bolster the immune system and work alongside healthy cells to combat free radicals. Eating a diet rich in antioxidants strengthens the body with much needed resources to stay healthy and keep disease at bay. The relationship between cancer and antioxidants is a significant one and one that has been studied at great length. In essence there is a battle between cancer and antioxidants. Cancer works against the cells in the body while antioxidants work on behalf of cells. It stands to reason that if you supply one with more resources than the other then the battle will be won. Subsequently, eating a diet that is rich in antioxidants affords the healthy cells of the body a greater advantage in defending themselves. To engage in the battle between cancer and antioxidants, you can do your part by integrating a variety of foods into your diet. Include such foods as green leafy vegetables – like spinach and kale – that deliver significant amounts of the antioxidant lutein; tomatoes and tomato products that contain the antioxidant lycopene; fresh fruits such as berries (blueberries gaining particular attention as of late), kiwi, and prunes; and vegetables that contain the antioxidant beta-carotene such as carrots and sweet potatoes. The connection between cancer and antioxidants is proof that a change in diet can do wonders for protecting our bodies against disease. Do your research to determine what foods can be easily integrated into your lifestyle and take the steps necessary to significantly protect your health.

About the Author

Brains tissue is expensive for a body to produce, so when times are tough, some primates go with a smaller noodle, a new study suggests.

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