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The Top 10 Foods Women Can Eat to Help Prevent Breast Cancer
October is Breast Cancer Awareness Month

EVANSTON, IL – According to the American Cancer Society, ***approximately one-third of the 564,830 cancer deaths expected to occur in 2006 will be related to poor nutrition, physical activity and obesity.*** October is Breast Cancer Awareness Month, and the Block Center for Integrative Cancer Treatment has compiled a list of the Top 10 foods women can eat to help prevent breast cancer.

Cruciferous Vegetables: Broccoli, cauliflower, brussel sprouts, bok choy, mustard greens. They contain sulforaphane and indole-3-carbinol (antioxidants) and helps to covert unhealthy estrogens into healthy ones. No other group of foods has more scientific support for helping to prevent breast cancer. Also helps in the prevention of other cancers as well.

Cherries: Contain perillyl alcohol, a powerful inhibitor of many kinds of cancer. Cherries are rich in anthocyanins, which are potent natural anti-inflammatories and antioxidants.

Tomatoes: Contains lycopene, a powerful antioxidant and anti-inflammatory

Garlic: Contains a group of compounds known as organosulfides which have a multitude of physiological effects such as reducing platelet aggregation, reducing blood lipids, killing bacteria and fungus, and stimulating the immune system. Breast cancer cells die when exposed to garlic in test tubes. Organosulfides are most potent when the garlic is first crushed or diced and allowed to sit 10 minutes before using. A recent study found a lower incidence of breast cancer among women who ate garlic a minimum of once a week.

Salmon: Contains important and essential omega-3 fatty acids, which reduce inflammation, improve blood flow characteristics, and may improve response to chemotherapy. The science points to those women with increased levels of omega-3s in their tissues lower their chances of breast cancer. A study done at the University of Southern California showed that women who were postmenopausal and ate a small portion of fish daily were less likely to develop breast cancer than women who averaged less than one ounce a day.

Turmeric: Contains curcuminoids and other aromatic oils that exhibit anti-inflammatory and anti-cancer activity; as well as protecting against DNA damaging free radicals.

Soy, such as miso, tofu, tempeh: contain what are known as phytoestrogens, or weak plant-like estrogens. These phytochemicals are known as isoflavones; and eating soy foods, especially starting in adolescence, can greatly reduce your risk of developing breast cancer.

Green Tea: Contains catechins. A 2001 study demonstrated a big reduction in the spread and size of breast tumors in rats drinking green tea.

Flaxseeds: Contain extraordinary amounts of cancer-fighting lignans, that may protect due to their estrogen altering abilities, growth slowing potential, anti-agiogenic properties and the ability to reduce the chances of cancer cells spreading.

Berries, such as blueberries, strawberries, and raspberries: Strawberries, blackberries, and raspberries contain a common powerful cancer fighter called ellagic acid. Blueberries, raspberries and blackberries contain an abundance of anthocyanidins, which are antioxidants that can help reduce the risk of a number of cancers.

Of importance to note is a recent study that showed that a woman can reduce her chance of a recurrence of breast cancer by 24%, if she drops her fat intake to 20% or less. The low-fat diet was even more effective in

patients whose cancers lacked hormone receptors, a group with few conventional medical options for preventing recurrence.

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The Block Center for Integrative Cancer Treatment, located in Evanston, Illinois, was founded in 1980 by Penny and Keith Block, MD. The Center's research-based treatment integrates an innovative approach to the best of conventional medicine with scientifically sound complementary therapies – therapeutic nutrition, botanical and phytonutrient supplementation, prescriptive exercise, and systematic mind-body strategies – to enhance the recovery process.

Dr. Block is Director of Integrative Medical Education at the College of Medicine at the University of Illinois, Chicago, and a member of the National Cancer Institute's PDQ Cancer Complementary and Alternative Medicine (CAM) Editorial Board in Bethesda, MD,. The Block Center regularly participates in industry-sponsored clinical trials of new drugs, large-scale drug monitoring studies, and research on medical communication and patient perception. The Center's research staff has participated in laboratory and clinical research projects with investigators from a number of universities and clinical centers, including the University of Illinois at Chicago, Bar-Ilan University in Israel, M.D. Anderson Cancer Center, and the Karolinska Institute in Stockholm. The Block Center is currently the only private North American medical center using chronomodulated chemotherapy.