



The Spring
center for natural medicine

Elke Kniss, PA, CN
www.thespringcenterfornaturalmedicine.com

• • ph: 512-445-7373 • • fx: 512-450-1103 • • elke@knissmedical.com • • 809 S. Lamar, Ste A, Austin, TX 78704 • •

What you eat can hurt you, but it also can help you and help in the **prevention of breast cancer and other cancers.**

Recent research reveals that the healthful compounds in different foods work to provide health benefits but there isn't a single element in a particular food that does all the work. The best thing to do is eat a variety of whole foods. It is true that you can get many nutrients you need from the food you eat; however, most people do not eat enough of these unique whole foods.

Many vegetables and oils not commonly eaten contain important phytochemicals. These phytochemicals and antioxidants neutralize the damage caused by free radicals. See the article below for things you can consume for your health and for the prevention of breast and other cancers.

Please let me know if I can assist you in your quest for good health. I offer a comprehensive health evaluation with specific preventative measures and supplements.

Warm wishes,

Elke

(512) 445-7373 or email elke@knissmedical.com

Foods and Oils to Prevent Cancers

Black Current Seed Oil

This wonderful oil is a natural source of gamma-linolenic acid (GLA) GLA is one of 2 essential fatty acids that are necessary to maintain normal functioning and growth of cells, nerves, muscles and organs. In 2005 a study from North Western University and later published in the Journal of National Cancer Institute found "Gamma-linolenic acid (GLA), in various plant oils used in herbal medicine, inhibited the action of a cancer gene that is responsible for almost 30% of all breast cancer, North Western University researchers reported."

Cruciferous Vegetables such as Kale and Brussels Spouts

Eat wisely because comprehensive scientific evidence supports phytochemicals such as indole-3carbinols (I3C) which is naturally found in cruciferous foods such as kale and brussel sprouts. This particular group of vegetables is an excellent source of distinctive photochemicals known as glucosinolates. Once inside the body, glucosinolates are changed into compounds such as indole-3 -carbine (I3C) and isothiocyanates (including sulforahane). These photochemical compounds have been shown to protect against colon, breast, prostate, thyroid, cervical and other cancers. Additionally, recent studies, such as one from the British Journal of Cancer, reveal that certain naturally occurring phytochemicals found in cruciferous vegetables target specific breast cancer genes.

Omega-3 Fats

Scientific data implicates omega-3 fatty acid, such as those found in oily fish, as inhibitors of development and progression of a range of human cancers. The ratio of omega-6 to omega-3 fats in the diet is equally important. One should not consume too much omega-6 fats in relation to omega-3 fats. The typical American diet contains up to 20 times as much omega-6 as it does omega-3 fats. The optimum ratio for health is 1:1. The beneficial omega-3 fats won't work well in protecting you from cancer if the diet contains too much omega-6 fats and too little omega-3 fats. Omega-3 fats are found in oily fish, like tuna, sardines, salmon, trout, and mackerel as well as in flaxseeds and walnuts. To limit your intake in omega-6 fats, you can use olive oil for cooking and avoid processed foods, such as margarine. Research has found that women with highest amount of omega-3 fats in breast tissue were less apt to have breast cancer than women with the least omega-3 fats.

Fiber

Research has shown that a high fiber diet works to reduce hormone levels that may be involved in the progression of breast cancer, and that fiber increases the amount of estrogen removed from the body.

Healthy Weight Reduces Risk of Breast Cancer

Maintaining a healthy weight may help reduce the risk of breast cancer. In 2005 and 2006 researchers found that women who were overweight had an increased risk of breast cancer.

If you are overweight and would like more information please call and find out about my FREE Weight loss seminars or purification and detoxification program.

Call or email me today!

512 445-7373 or email elke@knissmedical.com