

Foods That Fight Cancer: Preventing Cancer through Diet

By Richard Béliveau, Denis Gingras

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The stunning bestseller from Quebec, coming in English in May. Over 138,000 French-language copies sold!

Within this book is the perfect recipe for success: An author who is one of the world's foremost experts in the groundbreaking area of how food chemistry can fight cancer. A highly accessible and practical text. A beautifully designed package accompanied by full-colour illustrations.

According to the Canadian Cancer Society, an estimated 149,000 new cases of cancer occurred in Canada in 2005. While this statistic is alarming, current research is showing convincingly that elements in particular foods may significantly reduce the risk of cancer in healthy individuals and slow its progress in those already suffering from the disease. We can help ourselves and our families through healthy eating. But the information coming through the popular media is confusing and often hard to understand. Just what should we be eating and in what combinations? Do all cancer-fighting foods work the same way? Do they all fight all kinds of cancers?

In *Foods That Fight Cancer*, leading biochemist Richard Béliveau teams up with Denis Gingras to describe the science of food and which properties of particular foods are the active cancer-fighting elements. They deftly explain how different foods work to protect the body against different cancers and show which foods will be most effective. By understanding the science behind these therapeutic benefits, we come to realize not only why it is so critical to add these foods to our diet, but how easily it can be done.

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Editorial Review

About the Author
Richard Béliveau is a leading authority in the field of cancer research. He holds the Chair in the Prevention and Treatment of Cancer at the Université du Québec à Montréal, where he is a professor in the Chemistry and Biochemistry Department. Dr. Béliveau is the director of the Molecular Medicine Laboratory of UQAMHôpital Sainte-Justine (Centre de cancérologie Charles-Bruneau).

Frequently called on to talk about his research, he is a regular commentator on local and national radio and television programs.

Denis Gingras is a researcher in the Molecular Medicine Laboratory of UQAM-Hôpital Sainte-Justine (Centre de cancérologie Charles-Bruneau) and the Université du Québec à Montréal.

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Cancer prevention facts to add to your diet

-Approximately one third of all cancers are directly related to diet.

-A diet containing three or four weekly servings of broccoli, nothing too excessive, was shown to be sufficient to protect individuals from colon polyps.

-Cruciferous vegetables (brussel sprouts, broccoli, cabbage, cauliflower, kale) should be lightly cooked and thoroughly chewed when eaten in order to fully benefit from their anti-cancer potential. Chewing releases the active molecules.

-Freshly crushed garlic is by far the best source of anti-cancer compounds and should be preferred over supplements.

-The key to benefiting from the anti-cancer effects of soy lies in consuming about 50 grams per day of the whole food, such as raw (edamame) or dry roasted soybeans. Supplements containing isoflavones are not an acceptable alternative to the whole food and should be avoided.

-Colon cancer appears to be one of the cancers on which curcumin may have the greatest positive impact. The daily addition of a teaspoon of turmeric to soups, salad dressings, or pasta dishes is a simple way of providing curcumin intake sufficient to prevent the development if cancer.

-Green Tea contains large amounts of catechins, compounds that boast many anti-cancer properties. To maximize the preventative effects afforded by tea, select Japanese green teas, allow for an eight-to-ten minute brewing period and always drink freshly brewed tea, and avoiding Thermoses.

-Eating cranberries should be preferred over drinking cranberry juice.

-The best way to increase omega-3 levels in diet is to eat fatty fish (wild salmon, sardines, and mackerel) once or twice a week or add one tablespoon of freshly-milled flax seeds to your breakfast cereal.

-Eating two tomato sauce-based meals per week may lower your risk of developing prostate cancer by up to 25%.

-Citrus fruits are essential foods in cancer prevention: for their capacity to act directly on cancerous cells as well as their potential for enhancing the anti-cancer effects of other phytochemical compounds present in diet.

-The resveratrol present in red wine possesses powerful anti-cancer activity which may be responsible for the beneficial effects of wine on the prevention of certain cancers. Grape juice and cranberry juice contains resveratrol but at levels ten times less than red wine.

-The daily consumption of 40 grams of dark chocolate (chocolate containing 70% cocoa mass) may have definite health benefits and should replace or reduce that of sugar- and fat-filled candies with no phytochemical content.

-Many herbs and spices used as seasonings, in particular ginger contain large quantities of molecules that act as anti-inflammatory compounds, which also reduce the risks of developing certain chronic diseases.

-Instead of replacing butter with margarine, use olive oil as much as possible as a source of dietary fat; you will benefit from its healthful lipids knowing that it also possesses anti-cancer properties of its own.

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