

# No Harm Done in Eating Better

By Deanna Latson



I'll never forget the day my mom confided in me that she had breast cancer. I looked through my tears into her eyes and committed to knowing everything I could about the disease.

Many articles have been written about diet and its relationship to cancer. The research contradicts itself repeatedly, specialists argue many points, and so it's hard for the reader to know what to believe.

After spending countless hours and many years researching breast cancer, I can now say with certainty that improving your diet during treatment, after treatment, and even before treatment, does help. It's not known for sure how much diet helps, but the research is clear that it does. A healthy dietary regime should be a part of any smart comprehensive cancer treatment plan.

## WHAT IS BREAST HEALTHY EATING?

Here is a list of do's and don'ts that improve the immune system function.

Boosting the immune system lowers the odds of facing the disease again.

### Top six don'ts:

1. Avoid processed grains and stay away from white flour products.
2. Make soda a thing of the past. Yes, even diet soda.
3. Steer clear of white sugar, brown sugar and high fructose corn syrup like they're the plague. Sugar feeds cancer.
4. Say good-bye to alcohol. A little good wine once in awhile, but nothing more.
5. Avoid eating high meat diets. Evidence that meat consumption increases breast cancer risk is growing.
6. Finally, don't let those extra pounds creep up. Being even 10 pounds overweight has shown to increase breast cancer risk.



### Top six do's:

1. Buy a juicer and make fresh vegetable juice every day.
2. Buy organic fruits and veggies and make them a central part of your food intake.
3. Make vegetarian, low-fat meals. Buy a good vegan cookbook or check online for

lots of free recipes. [www.gotohealth.com](http://www.gotohealth.com) is a good source.

4. Take a high-quality supplement. Vitamineral Green by Health Force is a great one.

5. Make sure to eat cruciferous vegetables. They help break down estrogen into a "good" form that is not associated with breast cancer. Broccoli, cabbage and cauliflower are good examples.

6. Eat fiber. Fiber may help reduce breast cancer by binding to estrogen in your body.

Living a breast healthy life will not only benefit breast health, but also will improve everyone's overall well-being. ■

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