

Welcome to L.I.F.E....

L.I.F.E. Newsletter

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Issue 7



Diet and Cancer ...

Commemorating Cancer Awareness Month

What is Cancer?

Cancer is a disease that develops when mutated cells in the body become abnormal and take over good cells. The most common cancers are: Lung, colon, breast and prostate. In Canada, cancer has become a major public health problem, overtaking for the first time cardiovascular disease as the chief cause of mortality.

Cancer Statistics In Canada:

420 new cases every day

190 deaths every day

Around the world:

1 new case every 3 seconds

1 death every 5 seconds

Did you know ...

Approximately 1/3 of all cancers are directly related to diet.

Why plants?

Plants cannot run away from their aggressors. They have therefore had to evolve in such a way as to develop a considerable chemical arsenal to survive under hostile conditions. This "chemical war" is made possible by the high content in plants of molecules with powerful antibacterial, insecticidal or fungicidal activity that allow them to successfully fight off their aggressors. These are the exact chemical that help to fight and destroy cancer cells that develop within us!

Nature is the best physician; she heals three quarters of all diseases. Louis Pasteur (1822-1895)

The Good News ... There is now no doubt that the nature of our diet plays a determining role in the risk of developing cancer. **Foods of plant origin (as well as seafood) play a key role in cancer prevention** by way of their exceptional content in various anti-cancer molecules that block the development of cancer at the source. They can actually prevent precancerous cells from acquiring the strength necessary to reach an advanced stage.

Powerful Anti-Cancer Foods ...

- ★ Blueberries
- ★ Strawberries
- ★ Raspberries
- ★ Cranberries
- ★ Purple Grapes
- ★ Citrus Fruits
- ★ Tomatoes
- ★ Broccoli
- ★ Cabbage
- ★ Onion & Garlic
- ★ Mushrooms
- ★ Herbs/Spices
- ★ Nuts and Seeds
- ★ Oatmeal/Oat Bran
- ★ Legumes
- ★ Flaxseeds
- ★ Psyllium Seeds
- ★ Fatty Fish
- ★ Omega 3 Eggs
- ★ Probiotic Yogurt
- ★ Red Wine
- ★ Cocoa
- ★ Dark Chocolate
- ★ Tea

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For more information on Cancer: www.cancer.ca