

# THE CANCER REVOLUTION

## Additional Material for Chapter 5

Daphne Lambert

### The healing power of plants

Food	Phytonutrient	Property
Orange peppers Carrots Apricot Butternut squash	Beta-carotene	Beta carotene plays a major role in reducing the effects of free radicals on your body: Converts in the body to vitamin A, a proven anti-cancer agent, especially lung cancer
Beetroot Blueberries Cherries Red cabbage	Anthocyanins	Anthocyanins have been found to suppress the inflammatory conditions that create cancer cell production while promoting cancer cell apoptosis
Strawberries Cherries Raspberries Pomegranate	Ellagic acid	Studies have shown that ellagic acid is able to cause apoptosis (cell death) in cancer cells
Lemons Grapefruit Oranges Lime	Limonene	Helps protect against cancer by detoxifying cancer-producing chemicals when they reach the liver
Cabbage Broccoli Kale Brussels	Indole-3-carbinol	Strong antioxidant. Protective against breast & cervical cancer
Cauliflower Apple Leek Garlic	Quercetin	Powerful anti-oxidant stops the growth of cancer cells, particularly in cases of breast, prostate, colon and lung cancers
Tomatoes Asparagus Pink grapefruit Watermelon	Lycopene	A very efficient antioxidant. Protective against prostate cancer
Red Grapes Blueberries Mulberries Blackberries	Resveratrol	Studies on resveratrol show anticancer properties against a wide range of tumour cells, including lymphoid and myeloid cancers, cancers of the breast, prostate, pancreas, and thyroid
Red peppers Spinach Collards Kale	Lutein	Powerful anti-oxidant. Lutein can lower the risk of colon cancer