

Foods Inhibiting Tumor Growth

While the medicinal qualities of foods have long been recognized by Holistic practitioners, these qualities have often been overlooked by the modern medicine. As the tides are shifting and patients are increasingly seeking alternative lifestyles with favorable and often miraculous results, science is no longer ignoring Mother Nature's capacity to heal. Recently, scientists are rediscovering the anti-angiogenesis properties that inherently exist in whole foods that are the activating agent in many cancer medications without the undesirable side effects of allopathic treatment.

You might ask what exactly is angiogenesis? Referring to the growth of new capillary blood vessels, angiogenesis is an innate healing mechanism of the human body and is required for growth from childhood to adulthood, for wounds to heal, in pre-menopausal women for the monthly replenishment of the uterine lining and for a number of other functions. When abnormal blood vessel growth occurs, inadequate or excessive, it is recognized as a common denominator underlying many devastating conditions such as cancer, age-related blindness, diabetic ulcers, cardiovascular disease, skin diseases, stroke and many others as the list lengthens annually. Cancerous tumors release angiogenic growth factor proteins to stimulate blood vessels to grow in to the tumor, supplying it with oxygen and nutrients. Similar to how anti-angiogenic therapy inhibits blood vessel growth to starve the tumor of its blood supply, anti-angiogenic foods basically work in the same manner to block the formation of new blood vessels, cutting off the blood supply, preventing these cells from spreading and essentially starving the tumor.

Below is a list of foods possessing anti-angiogenic properties. Recommended: 10 servings (1/2 cup each) per day

<u>FRUITS</u>	<u>HERBS/ROOTS</u>	<u>NUTS</u>	<u>VEGETABLES (cont'd)</u>
Apples	Basil	Almonds	Kale (2 - 3/wk)
Blackberries	Chive	Brazil Nuts	Leeks
Black Raspberries	Cilantro	Hazelnuts	Lima Beans
Blueberries	Curry	Walnuts	Maitake Mushrooms
Cranberries	Dill		Mustard Greens
Currants	Garlic	<u>VEGETABLES</u>	Onions
Grapefruit	Ginger	Artichokes	Parsnips
Lemons	Green Tea	Arugula	Peas
Melons	Fenugreek	Asparagus	Peppers
Oranges	Lavender	Beets and Beet Greens	Pumpkin
Peaches	Licorice	Bok Choy	Purple Potatoes
Pears	Marjoram	Broccoli Flowers and Stalks	Radicchio
Pineapple	Mint	Brussel Sprouts	Radish
Red Grapes	Nutmeg	Cabbage	Rutabaga
Red Raspberries	Oregano	Carrots	Scallions
Red Tart Cherries	Parsley	Cauliflower	Shallots
Strawberries	Pepper *	Celeriac	Sorrell Baby Lettuce
Watermelon	Rosemary	Celery	Soy Beans
	Thyme	Collards	Spinach (2 - 3/wk)
	Sage	Cucumber	Sprouts
	Turmeric*	Dandelion Greens	Squash
		Endive	Sweet Potatoes
		Fennel	Swiss Chard
		Fermented Vegetables	Tomatoes
		Green Beans	Turnips and Turnip Greens
			Watercress

*combined

References:

The Angiogenesis Foundation. <https://angio.org>

Kathy Bero Certified Health and Cancer Coach. <https://www.kathymylachbero.com>

Disclaimer:

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808-987-6010