

The T Cancer Prevention Diet The Powerful Foods Supplements And Drugs That Can Save Your Life

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[The T Cancer Prevention Diet](#)

Overcoming cancer is a huge victory as it is. Adding these foods to your eating pattern can help you feeling healthy and at your best in the wake of it all.

[4 Foods to Eat Every Day Post Cancer](#)

One in eight women will be diagnosed with breast cancer in their lifetime. Here we look at the role that food plays in the fight against breast cancer, learn foods to include during treatment to ...

[5 Foods to Reduce Inflammation During Cancer Treatment](#)

A new study from the Texas A&M University Health Science Center (Texas A&M Health) suggests eating spinach could prevent colon cancer. And now, building on previous work, researchers are closer to ...

[Eating spinach could protect against colon cancer](#)

Eating spinach could prevent colon cancer, suggests new study from the Texas A&M University Health Science Center (Texas A&M Health) . And now, building on previous work, researchers are closer ...

[Eating spinach could prevent colon cancer, finds study](#)

Is there a connection between broccoli and breast health? If you've heard it whispered that eating these little green tree-shaped vegetables—as well cabbage, Brussels sprouts, watercress and other ...

[Which Cruciferous Vegetables Help Prevent Breast Cancer?](#)

The development of a serious chronic disease like cancer isn't the only ugly side effect of regularly consuming the Standard American Diet.

[Ugly Side Effects of the American Diet, Say Dietitians](#)

September is Prostate Cancer Awareness Month — a good time to learn more about the risk factors. Prostate cancer will affect 1 in 8 men, according to the American Cancer Society. After skin cancer, pr ...

[Wellness check: Are you at risk for prostate cancer?](#)

A new study suggests that tea may offer some protection against a type of cancer that affects nearly 200,000 new patients every year.

[Drinking Tea May Reduce the Risk of This Cancer, Says New Study](#)

What are black foods? Foods with the pigments called anthocyanins are known as black foods. Anthocyanins are found in black, blue and purple coloured foods and have hidden nutrients and benefits ...

[Black foods are the new super-food loaded with rich anti-oxidant properties](#)

Vitamin D has been linked to reducing your risk of colorectal (or colon) cancer, according to new research in the journal Gastroenterology. Foods high in vitamin D include salmon, cheese, fortified ...

[Adding More Vitamin D to Your Diet May Help Lower Your Risk of Colon Cancer](#)

Daily runs can put your skin under a huge amount of stress—but the right foods can counteract all the sweat and UV exposure.

[Add These Foods That Are Good for Your Skin to Your Grocery List ASAP](#)

A viral WhatsApp video is back with a misleading cancer cure claim, despite being debunked earlier – albeit with minor changes. This time the video claims that when you cut lemon and pour hot water ...

[Lemons are healthy, but they don't cure cancer](#)

Dr. Chyke Doubeni found that Black men die of colon cancer at higher rates than white men. The disparities are larger in East African communities. A south Minneapolis health clinic hired a Somali ...

[A Minnesota researcher thinks he's figured out why Black populations die more often from colon cancer: screening and insurance.](#)

Music has always been a rallying cry for Black Americans to overcome adversity and inspire change in themselves and others [...] The post Chuck D teams with Stand Up To Cancer for new PSA appeared first ...

[Chuck D teams with Stand Up To Cancer for new PSA](#)

Prostate cancer is treatable if diagnosed at an early stage and the patient can go on living a healthy life for over a decade.

[All You Should Know About Prostate Cancer](#)

One-time cancer survivor who died this week had said she wanted to be known for message of hope, even when facing life-threatening challenges.

[Lubbock's Robinson, known for iconic shrub, had shared hope facing cancer battle](#)

Monitoring, rather than immediately treating, patients with low-risk prostate cancer may be a better approach, says an expert from UCSF Helen Diller Family Comprehensive Cancer Center.

[The Importance of Active Surveillance in Low-Risk Prostate Cancer](#)

September. Circumstances in recent times have caused some men to delay this and other important tests. Additionally, because there are often no early symptoms, the test may be ignored. Prostate cancer ...

[Dr. Haqqani: The importance of testing for prostate cancer](#)

Have you overlooked or postponed your health checkups during the unending 20-month pandemic? A new study suggests that U.S. cancer diagnoses have declined because of pandemic-related upheaval. The ...

[ACTIVE AGE | The pandemic has disrupted preventive health care — here's how to get back on track](#)

A high level of cadmium, a toxic metal known to cause cancer, had soared to more than 100 times the federal limit at a Tampa lead factory since 2014. The high readings should have prompted Gopher ...

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