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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Foods for fighting Cancer**

**By Christopher Yorston**

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Fruit is recognised as one of the most powerful foods for helping the body fight Cancer. Surprisingly, the homely prune is the fruit with the highest cancer-fighting powers. Previously it was believed that oranges and spinach were the best anti-cancer fruit and vegetables. The research team, from Tufts University in Boston, has released the results of its study on the Internet. Researchers measured fruits and vegetables for their oxygen radical absorption capacity (ORAC) which is the capacity of foods to absorb free radicals. Free radicals are destructive elements which occur in our bodies when healthy oxygen molecules are transformed into a highly-reactive, unstable form of oxygen. It is believed that they can lead to illnesses such as cancer and heart disease. Anti-oxidants however, can neutralise these free radicals.

The new study says that the anti-oxidant power of blood in people who eat prunes increases dramatically. Eating prunes would cause the anti-oxidant power in the blood to double or treble compared with eating other recognised cancer-fighting fruits.

**Fruit Points**

Prunes 5770

Raisins 2830

Blackberries 2036

Strawberries 1540

Raspberries 1220

Pums 949

Oranges 750

Red grapes 739

**Vegetables Points**

Kale 1770

Spinach 1260

Brussels sprouts 980

Broccoli 890

Red peppers 710

Onions 450

Christopher Yorston is the Webmaster of [http://www.geocities.com/keep\\_it\\_healthy](http://www.geocities.com/keep_it_healthy) a useful webpage containing several health and business articles. Come and visit if you want to know how to keep yourself healthy by the way you eat and live your life.

## **How to Fight Cancer and Win - A Book Review**

**By David Snape**

How to Fight Cancer and Win is a book written by William L. Fischer.

You might find this book interesting and useful. Despite being published in 1992, it remains (as of this writing) among the top 20,000 sellers on a popular book-selling site.

William Fischer worked for pharmaceutical companies in Germany. He later became a writer on natural healing methods and has traveled far to learn the healing methods that exist in different cultures.

In his book, How to Fight Cancer and Win, William doesn't advise you to ignore your oncologist's treatment plan. He does, however, give you plenty of information on how to supplement your fight against cancer. Flaxseed oil is part of that advice.

Fighting cancer can be a tough battle to win. I have met a few people who believe they have beaten their cancer through a powerful system called Falun Dafa.

You can download a book filled with stories of people that have overcome all kinds of illness here: [clearwisdom.net/emh/download/publications/health\\_index.html](http://clearwisdom.net/emh/download/publications/health_index.html)

If you know of someone who has cancer, perhaps you should let him or her know about both of these resources.

This article is for information purposes only. Nothing in this article is intended to diagnose, treat or prescribe for any health condition. If you have or suspect you have a health condition, contact your physician immediately. That is especially so for something as serious as cancer.

Dave Snape is a health, fitness and wellness enthusiast. He maintains a site on that theme:

You may subscribe to his email list:

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