

THE ANTI-CANCER COLOR WHEEL



When you spin the color wheel of fresh fruits and veggies you can't help but land on a *phytonutrient*, substances that help protect plants against the elements—and, all evidence suggests, human beings against cancer. To learn more, turn the page. ▶

CANCER-FIGHTING PHYTONUTRIENTS



PHYTONUTRIENT

ALLYL SULFIDES

QUERCETIN

LIMONENE

LUTEIN

CATECHINS

CHLOROPHYLL

SULFORAPHANE

LYCOPENE

ELLAGIC ACID

RESVERATROL






ANTHOCYANINS

ENERGY TIMES HEALTH CHART

FOUND IN THESE FOODS

WHAT IT DOES

Note: If you have cancer or any other pre-existing condition, *always* speak to a healthcare provider before starting a supplementation program.

Garlic, onion, shallot		Suppresses wild growth of tumor cells and induces apoptosis; also helps promote excretion of cancer-causing substances.
Most fruits and vegetables, especially apple and cranberry		Studies indicate a possible protective action against many types of cancer, including breast, colon, liver, lung and ovarian; acts as an antioxidant.
Lemon, noni		Helps the liver clear carcinogens from the body; promotes cell differentiation.
Mango, winter squash; often found with its partner, zeaxanthin		Powerful antioxidant; early studies have associated high intakes with reduced risk of breast, colon, endometrial (uterine) and prostate cancers.
Green tea		Antioxidant that helps keep tumors from taking hold and growing.
Spirulina, chlorella, barley & wheat grasses, leafy greens		Potent detoxification agent; protects genes against the kinds of damage that can lead to cancer development; supports healthy immune function.
Broccoli, especially broccoli sprouts		Activates enzymes that detoxify carcinogens; interferes with cancer cell development and promotes apoptosis.
Tomato, grapefruit, watermelon		Best known for providing protection against prostate cancer; may also help defend against lung and stomach malignancies.
Pomegranate, grape, raspberry, strawberry		Appears to defend cells lining the digestive tract against carcinogenic substances; has prevented colon and esophageal cancers in animals.
Grape, peanut (supplements often use Japanese knotweed, <i>Polygonum cuspidatum</i>)		Has induced apoptosis in cell studies; may help to both stop cancer development and slow tumor growth.
Berries, grape, black currant, açai, mangosteen, goji		Antioxidant substances that both protect DNA against cancer-causing damage and promote apoptosis; have also shown an ability to keep cancer cells from spreading.

GLOSSARY

- Apoptosis:** natural cell death; cancer cells find ways to stop this process
- Carcinogen:** substance that promotes cancer development
- Differentiation:** process by which cells become adapted to their specific function; cancer cells are relatively undifferentiated