

How fish oil works to prevent breast cancer The new study, just published in *Cancer Epidemiology, Biomarkers & Prevention*, a journal of the American Association for Cancer Research, was conducted by a research team at the Fred Hutchinson Cancer Research Center in Seattle, Washington. They investigated 35,016 postmenopausal women between the ages of 50 and 76 with no history of breast cancer who were participating in the Vitamins and Lifestyle cohort study (dubbed VITAL, short). The woman was asked to complete a 24 page questionnaire about their use of supplements other than vitamins and/or minerals. After six years of follow-up, 880 of these women had been diagnosed with breast cancer. However, those women who reported regularly taking fish oil supplements, which contain high levels of the omega-3 fatty acids EPA and DHA, were found to have a 32 percent reduced risk of invasive ductal breast cancer -- the most common type of breast cancer. The use of other specialty supplements, such as the herbs black cohosh and dong quai which are often taken by women to relieve symptoms of menopause, was not associated with raising or lowering breast cancer risk. As NaturalNews has previously reported, fish oil has been found to have a host of remarkable health protective properties. For example, a study published in the *European Heart Journal* concluded that consuming fatty fish and the marine omega-3 fatty acids in fish oil protects men from heart failure. And fish oil has been shown to be helpful in preventing mental illness, too. (Natural News)

An Apple A Day.... you got it – keeps the doctor away. According to a study from Cornell University, this saying is more than just cliché – it's actually true. The high levels of antioxidants found in apples, quercetin in particular, help cells resist damage from free radicals, which can otherwise destroy healthy cell membranes and tissues. While many fruits and vegetables contain free radical-fighting antioxidants, the results of Cornell's study showed that quercetin is actually more powerful than antioxidants like vitamin C. Apples are also a rich source of the soluble fiber pectin, which helps you feel fuller longer and keeps your appetite at bay. Pectin also helps regulate fat and cholesterol absorption and promotes blood sugar balance in diabetics. And, because they're low in calories, eating apples in place of high-calorie snacks can help you to lose weight. Noshing on a crunchy apple will also help to remove plaque from your teeth. Wow, could there be a more beneficial fruit? The moral of this story: Aim for an apple a day and keep not only the doctor but also the free radicals, hunger, fat, cholesterol, diabetes, and weight gain away! (LifeScript)

and remember YOU are what YOU EAT....so what are you today?