

Walnuts Fight Prostate Cancer They are a rich plant source of omega-3s, the fatty acids also found in cold water fish like salmon. Omega-3s are known to lower the risk of a host of health problems from depression to heart disease. Walnuts are also loaded with gamma tocopherol (a form of vitamin E), phytochemicals known as polyphenols, and antioxidants. *Now, for the first time, scientists have reported that these nutrient-rich nuts have the ability to reduce the size and growth of prostate cancer.* Scientists from the University of California-Davis just reported their discovery at the 239th National Meeting of the American Chemical Society (ACS), being held in San Francisco this week. "Walnuts should be part of a prostate-healthy diet," Paul Davis, Ph.D., who headed the study, said in a statement to the media. "They should be part of a balanced diet that includes lots of fruits and vegetables." Approximately 190,000 men in the United States will be diagnosed with prostate cancer this year. According to the University of California-Davis scientists, research suggests that diet is among the most important factors in influencing a man's risk for developing prostate cancer. For example, there's evidence that eating tomatoes and drinking pomegranate juice may reduce the chance of ever having prostate cancer. Recently, scientists have found that walnuts could fight cardiovascular disease by reducing levels of endothelin, a substance that increases inflammation in blood vessels. Because men with prostate cancer are known to have elevated levels of endothelin, the University of California-Davis scientists reasoned that eating walnuts could be beneficial in preventing and/or treating prostate cancer. *(NaturalNews)*

DID YOU KNOW that your legs house some of the largest and most powerful muscle groups in your entire body? And the bigger the muscle, the more calories you burn when you exercise them. Your quadriceps are comprised of four muscles that run along the top of your leg from your hip to your knee. These muscles are what help you lift your upper leg at the hip, and they also help you straighten your entire leg at the knee. Along the back of your thighs are the three muscles that make up the hamstrings. These help you bend your leg at the knee. In your seat, there is the gluteus maximus, which works with your hamstrings to lift your leg back behind your torso. Why do you need to know all this? Because every time you lift, bend or otherwise move your legs, you're toning these muscles. Exercising these muscle groups will help smooth out your thighs, reduce the appearance of cellulite, lift your seat, and provide separation between your thighs and seat. *(LifeScript)*