



Cancer Proofing Foods

Only 10 percent of cancer cases are genetic. That means what we do to our bodies makes a big difference. Now new studies lay out an action plan for your next trip to the grocery store.

Ginkgo Biloba is good for memory. New research links it to a 60 percent lower risk of ovarian cancer. Scientists believe the plant prevents some tumors from getting the blood they need to grow out of control. It scares away vampire, but garlic also blocks the DNA damage that leads to breast cancer.

In fact, in lab tests, garlic completely blocked a cancer causing enzyme from working in breast cancer cells.

How about sauerkraut? New research shows it contains glucosinolates that keep cell DNA from mutating and stop tumors from developing. But you'll need to eat raw cabbage at least three times a week.

And the number one way to prevent cancer deaths, get regular screenings. It could be the most important thing you do.