

Superfoods and Cancer Treatment



Superfoods have been making increasing headlines in the news and in the world of nutritionists and dieticians over the last couple of years. These especially nutrient-rich foods are labeled to be extra healthy and purifying for our bodies to consume.

But, how much can superfoods really attribute to our overall health? How much healthier will superfoods make us? Can an intake of superfoods heal us completely from debilitating disease or even prevent us from contracting the disease in the first

place? A recent study has been trying to prove just this, by researching potential anti-cancer superfoods.

In a study published by the International Journal of Pharmaceutical Research, researchers have found promising results that cement the idea that superfoods are beneficial to protect and fight against diseases such as cancer.

The study found as more cancer patients have become more health conscious and switched their dietary methods when fighting the disease, an intake of superfoods has also increased. Conventional methods of chemotherapy are falling and patients are starting to use alternative methods, one of these methods being chalking the body full of nutrient-rich superfoods.

Examples of superfoods commonly found in these diets are curcumin, paprika, lycopene, zeaxanthins and sulforaphane. These are all plant-based compounds have deemed as "promising agents" for fighting cancer.

Although, there is still much research to be done, and a cure for cancer needs to be found, it is true that incorporating superfoods into your daily diet can help fight and prevent debilitating disease.

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