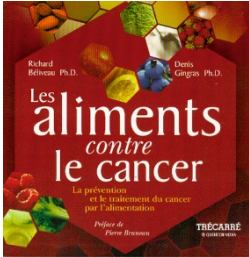


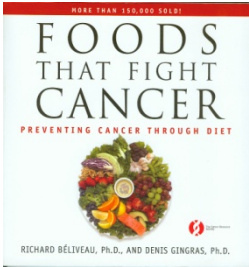
19. Non-Fiction – Nutrition and Cancer

LES ALIMENTS CONTRE LE CANCER / FOODS THAT FIGHT CANCER by Richard Béliveau Ph. D. and Denis Gingras Ph. D.



Scientists estimate that more than one in three Americans will have to fight cancer during their lifetime. Current research suggests that diet may be responsible for over one third of all newly-diagnosed cancers. These statistics underscore the importance of choosing intelligent dietary habits in reducing the risk of cancer in healthy individuals and in slowing its progress in those already suffering from the disease.

Many long-term basic, clinical and epidemiological studies have shown that an increased intake of plant products is a key factor in reducing the risk of cancer. Moreover, certain types of food possess the ability to destroy at an early stage the microtumors that develop in the body over time and that risk turning into full-blown cancers.



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