Four Foods That Destroy Cancer Cells

When faced with a cancer diagnosis, whether it is yourself or a loved one, it is natural to want to search for alternative methods to fight the disease, either on their own or in conjunction with traditional treatment methods.

Studies have shown that cancer thrives in an acidic environment. So the key is to keep the body the opposite of acidic, which is alkaline. [Sugar](http://beatcancer.org/2014/03/5-reasons-cancer-and-sugar-are-best-friends/), in particular, is high in acidity, leading many health experts to believe that cancer and sugar go hand in hand. Additionally, meats like beef and bacon, dairy products and alcohol are also known for their acidity. However, by limiting acidic foods and basing your diet around plants, particularly those that are highly alkaline those below, you can help arm yourself against cancer.

**Foods that ward off cancer**

Wheatgrass
Wheatgrass is one of the most alkaline foods out there, so by consuming it you’re helping to restore the body’s balance between acidity and alkalinity. Further, it contains chlorophyll — which has the same molecular structure as hemoglobin — offering a healthy dose of oxygen to our cells. Wheatgrass also contains other [anticancer](http://www.naturalnews.com/041911_wheatgrass_healing_cancer_therapy_natural_treatment.html) ingredients like selenium, which helps to build the immune system. (Added bonus: some people have even said wheatgrass has turned their graying hair back to its natural color.)

You can buy this superfood at most health foods stores and sometimes even at the local grocer. To juice it, you’ll need to have a juice presser or you can purchase it cubed or tablet form.

Cruciferous vegetables
Some experts think cruciferous vegetables are the most crucial to an anti-cancer diet because they enhance the natural defenses of the human body against DNA damage. Cruciferous vegetables, including arugula, broccoli, Brussels sprouts and kale, are known for their cancer-fighting properties. These veggies help protect cells and offer anti-inflammatory (alkaline) properties, and boast active compounds like indoles, thiocyanates and [nitriles](http://www.applerubber.com/seal-design-guide/material-selection-guide/nitrile-buna-n.cfm) that are also linked to cancer prevention.

Berries
Berries are a delicious way to help your body stay healthy and to fight cancer. With large doses of vitamin C and antioxidants, berries also help protect the body from cell damage, which can lead to cancers of the skin, bladder, lung, breast and esophagus.

 Garlic
Several studies have indicated that eating more garlic can make you less likely to develop particular types of cancers — especially those found in digestive organs like the colon, stomach and esophagus. So go big with it when seasoning up your meals...the ingredients in garlic may help keep cancer cells from multiplying

**Additional cancer-fighting tips**

Much like some of the acidic foods mentioned above, stress can also cause our bodies to become acidic. In addition to a healthy, alkaline diet, you can also and (and remove) certain things to your lifestyle to promote a healthy, alkaline body. Stress relief through yoga, meditation and deep breathing is a great way to promote a sense of wellbeing and calm, as well as to oxygenate the body. Destressing through massage and jumping on a rebounder (think a trampoline for adults) can promote lymphatic drainage — key to removing waste from the body and overall detoxification. Additionally, believe it or not, laughing every day is good for your health. Notice how you feel after a good, genuine belly laugh. Pretty good, right? Some experts believe that [laugh therapy](http://www.cancercenter.com/treatments/laughter-therapy/) boosts the body’s immune system and have incorporated it into medical treatment plans.

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