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Cancer-Fighting Duos

When eaten together, these powerful food combinations provide the maximum benefit to reduce your cancer risk.

Chicken and Broccoli

Broccoli, like all cruciferous vegetables, contains sulfuraphane, which has been shown to protect against cancer by inhibiting and activating certain enzymes to stop cancer development. Chicken contains selenium, which is found in into antioxidant enzymes that help prevent cellular damage from free radicals, and consequently fight cancer. When eaten together, these foods are 3 times more beneficial than when consumed alone.

Salsa and Avocado

Salsa is made with tomatoes, which are full of lycopene, a potent anti-cancer antioxidant compound. The healthy fats in avocados help you absorb up to 5 times more benefits from lycopene. Eating them together can reduce your risk of lung and bladder cancers.

Yellow Onion and Turmeric

Yellow onions and turmeric are often paired together in the curries of India. Turmeric is a great source of the cancer-fighting compound curcumin. Yellow onions contain quercetin, which also helps to inhibit the growth of cancer cells. This tag-team effort helps to reduce pre-cancerous colon polyps.

Salmon and Watercress

Watercress contains a compound called phenethyl isothiocyanate that limits cancer development. Salmon is rich in omegas-3 fatty acids, which fight inflammation and cancer. This combo can decrease the risk of leukemia and kidney cancer.

Energy-Boosting Duo: Chickpeas and Red Peppers

Chickpeas have iron (essential for immune function) that is difficult to absorb on its own. Red peppers are a good source of vitamin C, which unlocks the plant-based iron found in chickpeas, making it accessible to blood cells. Try red peppers with or in your hummus.

Mood-Booster Duo: Broccoli and Eggs

Broccoli provides one of the most easily absorbed forms of calcium. Studies show that calcium can decrease depression and anxiety during PMS. Eggs contain vitamin D, which promote the absorption of calcium and bone health, and also can help with seasonal affective disorder and depression.

Belly-Trimming Duo: Pasta and Balsamic Vinegar

Vinegar's acetic acid slows down how quickly you digest and absorb glucose from starch; this helps to control hunger and makes you less likely to eat later. Add 2 tablespoons of vinegar to a starchy dish to stabilize your post-meal blood sugar.

EVERYTHING IS BETTER WITH BLUEBERRY

By Nancy Schuessler

Blueberries are now in season and we recently received a notice from our favorite "pick your own" farm that they were ripe and ready to pick. I told Dan we couldn't wait until the weekend... we had to go right away! The next day we decided to wake up bright and early to head out for our picking adventure. We have had a lot of rain and no late frosts - a recipe for blueberry heaven!

It's amazing how my interests have evolved and changed throughout the years. Years ago, if I even ate a blueberry, I surely wasn't going to go and pick it myself. The grocery store aisle would have been the only row I was heading down and I would have picked up a pint there.

But the other day Dan, Benaiah and even Abigail went down the blueberry patches with our buckets in hand. We kept walking down the endless rows until we found a spot that no one had touched. The blueberries were so huge this year and abundant that I almost felt like I was picking grapes from a vine.

In ancient Greek, Roman, Jewish and Christian religions, people would offer their crops' "first fruits" to the temple. These fruits were deemed to be the very best. As we picked the blueberries this year it became obvious to me why – a plant's first yield supersedes all others! We picked slightly over 20 pounds in about an hour and a half and consumed nearly 5 pounds while we picked. I

should have brought my scale from home and stood on it before we started picking and then when we were done! I think we cram-packed our yearly allowance of antioxidants into that one hour!

Blueberries have only about 80 calories per cup and are very high in fiber, vitamin C, manganese and are an antioxidant powerhouse. While they are awesome raw, they can also add a great nutritional boost to smoothies, yogurt, cereal, granola and muffins. You can throw blueberries into anything, they make all of your options so yummy!

And, if you thought things couldn't get any better, I have been eating fresh picked lettuce from the garden with chopped fresh parsley, fresh green onions from the garden with peaches and blueberries like it's going out of style. My salads have been full of beautiful colors, textures and flavors. People often say cheese makes anything tastes better, but I would argue blueberries make any dish taste better!

NEW REASONS TO EAT NUTS

By Kristin Kirkpatrick, MS, RD, LD

A new study published in the journal *Diabetes Care* has demonstrated yet another benefit of an old standby snack – nuts. The study found that replacing a high carbohydrate snack with two ounces of nuts a day helped with glycemic and lipid control for people with type 2 diabetes.

Further, the experts found that consuming two ounces of nuts a day would not increase overall weight, despite the high caloric value of nuts, and actually helped to reduce weight in the long run. This isn't the first time that nuts have taken the spotlight when it comes to health. In addition to the findings demonstrated in this study, nuts have also been shown to help reduce overall heart attack risk as well.

While the study sheds light on a great way to manage type 2 diabetes, practically anyone can benefit from this healthy snack. Which nut is best? The participants in the study received raw almonds, pistachios, walnuts, pecans, hazelnuts, peanuts, cashews and macadamias; any of those nuts would work well for weight management and glycemic control. The nuts you want to avoid would be anything that is honey roasted, candied or ... from a more obvious perspective,

dipped in chocolate. If you truly want to forgo all processing, then stick with nuts in their raw, unsalted state.

Also avoid getting too nutty and surpassing the recommended 2 ounce a day serving size by portioning out your snacks. For example, if you buy a huge canister of nuts from the store, take the time to make up 1 ounce baggies so that you can enjoy an appropriate amount without going overboard. Never eat right from the jar or can, and never assume that “more is better” when it comes to even the healthiest (yet high calorie) snacks!