

## **Fab-4 Superfoods: Pomegranate, Curcumin, Green Tea and Broccoli Help Fight Prostate Cancer**

*By: John Phillip, Natural News*

Prostate cancer continues to be one of the most prominent forms of the disease, accounting for more than 235,000 diagnoses each year in the U.S. alone, with nearly 30,000 deaths. As with many forms of cancer, prostate cancer is the result of years and decades of lifestyle transgressions such as smoking, lack of physical activity, exposure to environmental and household toxins, and most importantly, the typical American diet consisting of fried foods, sugars and meats grilled or blackened using high heat cooking sources.

A research team associated with the *Cambridge University Hospital System* in the UK provides scientifically validated evidence that broccoli, turmeric, green tea and pomegranate help fight prostate cancer, the most common cancer in men. While in the past, polyphenol-rich foods have been shown to exert multiple anti-cancer effects in laboratory tests using mice, this the first time they have demonstrated an influence on markers of cancer progression within a double-blind scientific evaluation.

### **Bioactive nutrients from natural foods slash prostate cancer risk by more than 60 percent**

To conduct this study, researchers split 203 men with prostate cancer into two groups, one receiving a specially extracted supplement containing bioactive compounds from the four identified natural foods sources and the other receiving a placebo. All took their assigned capsule each day for a period of six months, and made no other significant dietary or lifestyle changes. A baseline PSA test was completed at the outset of the study, and again at the end of the study period.

PSA tests have come under scrutiny recently because they are over-utilized and may lead to more aggressive treatments (unnecessary surgery, radiation and toxic medications) in men without a more invasive form of the disease. PSA does test for inflammatory antigens that are released by the prostate when cancer is present, and in this study provide an accurate measurement of disease progression. Scientists found that PSA levels were 63 percent lower among those taking the supplement containing the active forms of pomegranate, turmeric, green tea and broccoli as compared to those in the placebo group.

Lead study author, Dr. Robert Thomas concluded *"Healthy eating and lifestyle is the main way of helping to combat the development of cancer but men can now also turn to a whole food supplement which has*

*been shown to work.* " It's important to note that virtually all of the lifestyle modifications and nutrients found in many unrefined foods that lower the risk of cancer also benefit cardiovascular health in a similar manner. While a diet including regular servings of pomegranate, curcumin (curry spice), green tea and broccoli help to lower prostate cancer risk, the findings of this study suggest that higher dose extracts in supplement form may increase the risk reduction potential.

Note: *NaturalNews* does not condone nor support the use of animals for experiments or testing of any kind.

**Sources for this article include:**

<http://www.cuh.org.uk>

<http://www.huffingtonpost.co.uk>