



Fatty acids in fish oil appear to decrease breast and bone cancer metastasis. The highest amounts are found in sardines, wild salmon, albacore tuna, mussels, and rainbow trout.



» Eat well *and* fight cancer



Flavones from various fruits, vegetables, and spices may fight prostate, colon, and breast cancer cells. The flavonoid luteolin can be found in fresh Italian or curly parsley, thyme, celery hearts, oregano, and chili peppers.

Curcumin, a major component of turmeric, aids metastasis suppression in lung, melanoma, and squamous-cell cancers.

