

ASHBY ADVISOR

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Microwave popcorn unsafe? Preliminary results of an FDA study suggest that the packing leaches chemicals that, if eaten, can metabolize into PFOA, a component of Teflon that causes malignant liver tumors in rats. Almost every American carries traces of PFOA in his blood.

CoQ10 – preliminary research is favorable that CoQ10 may help prevent and treat breast cancer (along with medical treatment). Doses used were considered large – 300 mg or more per day.

It also appears that CoQ10 may help protect the heart during chemotherapy since treatment may damage the heart muscle.

Rest – don't forget your rest. Researchers in numerous studies have shown the benefit of adequate sleep on the immune system. Currently the average adult is getting less than their counterparts 30 years ago. Increasing sleep has been shown to reduce the incidence of breast cancer and other illnesses.

Exercise - Now that you're rested don't forget the exercise. Several studies have shown that regular exercise (half an hour four to five times per week) helps reduce the incidence of breast, prostate, and lung cancer.

Spice - The spice turmeric shows a lot of promise as a good anti inflammatory, the curcumins in turmeric act as anti-oxidants also. Since inflammation in the body seems to be associated with a large number of diseases, turmeric may be one way to help combat it. Therapeutic dosages range from 800 mg to 2700 mg per day.

QUOTE OF THE ADVISOR...."Don't let the negative few overrule the positive many".