

Chinese Use Common Foods for Cancer

This study looked at three common foods in China which has one of the world's lowest cancer rates.

Chinese tea (*Camellia sinensis*). Many studies demonstrate "the antimutagenic and anticarcinogenic effects of Chinese tea." No one knows how the tea works, but a multifaceted mode of action is likely involved.

Garlic. In twelve studies, "all garlic preparations were significantly effective in reducing tumor formations induced by various carcinogens at various sites. They not only inhibited tumor formation, but all prevented their progression to malignant neoplasm.

Fruits with vitamin C. Juices of kiwi, Citrus, and Sea buckthorn all showed "anticarcinogenic effects," but not entirely due to their vitamin C. Pure vitamin C showed an "inhibitory potency [that] was significantly weaker," and after the vitamin C in the juices was neutralized, "they still had significant inhibiting effects." - C. Junshi, "The antimutagenic and anticarcinogenic effects of tea, garlic and other natural foods in China: A review" *Biomedical and Environmental Sciences* 5 (1992): 1-17.

**Our purpose is to educate and adjust families toward optimal health
with natural chiropractic care.**