

Phytonutrients with Anti-Cancer Properties 2-5+ servings/daily	minor dietary constituents which inactivate mutagens & carcinogens, increase detoxification, scavenge oxygen radicals, inhibit cancer promotion and cell proliferation
SOYBEANS & LEGUMES	
• Isoflavones (especially in fermented soy products: tempeh, miso, shoyu)	promotes cell differentiation
• Protease inhibitors	depletes enzymes that are required by cancer cells for growth & reproduction
• Saponins	interferes with the process by which the DNA of cancer cells reproduce, prevents cancer from multiplying, anti-viral activity
• Genistein & Diadzin	blocks entry of estrogen into cells, causing cancer cells to lose ability to function, stimulates their conversion back to normal cells (differentiation), inhibits angiogenesis by neutralizing vascular endothelial growth factor, inhibits tumor growth; inhibits tyrosine-specific protein kinases; induces apoptosis; inhibits platelet aggregation
CRUCIFEROUS VEGGIES	
• Sulfur compounds	aid hepatic detoxification; protection against cancer; trigger formation of glutathione S-transferase which may prevent carcinogens from damaging cell DNA
• Dithiolthiones	promote estrogen detoxification; stimulate hepatic detox of carcinogens
• Indoles	enhance glutathione S-transulfurates; boosts hepatic phase II activity
• Isothiocyanates	upregulates liver phase 2 detoxification enzymes, helps protect against carcinogens
• Sulforaphane (best source: broccoli sprouts)	
CITRUS FRUITS	
• Limonene	stimulate hepatic phase I & II detox of carcinogens; antitumor activity; induces differentiation in vitro
GARLIC, ONIONS, LEEKS	
• Allyl sulfides	increase production of glutathione S-transferase and other enzymes, which enhance carcinogen excretion
FLAX SEEDS	
• Lignans	anti-tumor, antimitotic and antiviral activity; reduces sex hormone bioavailability
GRAPES, RASPBERRIES, STRAWBERRIES	
• Ellagic acid	scavenges carcinogens, prevents alteration of cell DNA
SUPER-GREEN FOODS Spirulina, Wheat Grass, Blue-Green Algae, Chlorella)	
• Chlorophyll	antigenotoxin which inhibits mutagenic activity of many chemicals
• Chlorellan (in chlorella)	stimulates natural interferon production, promotes DNA repair mechanisms, improves immune function in people undergoing chemo or radiotherapy, potent detox agent
CARROTS, YAMS, SQUASH	
• Carotenoids: Lutein, Lycopene, Phytoene, Canthaxanthin	protect phagocytes from oxidative damage, enhance T & B lymphocyte proliferation, enhance effector T-cell cytotoxic capabilities, stimulate macrophage and natural killer cell tumoricidal capacity, increase production of certain interleukins, enhance function of "docking" (cell-bound immunity); enhance gap junction communication of cells resulting in decreased proliferation
GREEN TEA	
• Catechins	inhibit tumor initiation and promotion, non-specific anticarcinogens; inhibit platelet aggregation; scavenge free radicals;