

## BERRIES AND CANCER PREVENTION%0A

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### 3 Super Berries That Cause Cancer Cells to Self-Destruct

The David Geffen School of Medicine at the University of California studied extracts of six popular berries: blackberry, black raspberry, blueberry, cranberry, red raspberry, and strawberry for their ability to stimulate apoptosis of the COX-2 colon cancer cell line.

[Berries and Cancer Prevention | SpringerLink](#)

Berries are popularly consumed worldwide as fresh, processed, and other derived forms. Research conducted over the last decade and a half has provided significant and convincing evidence to support the cancer preventive potential of these colorful fruits.

[Berries and Cancer Prevention | Gary D. Stoner | Springer](#)

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[In the News: Berries Fight Cancer - DrWeil.com](#)

Indeed, there are other constituents in berries that can also prevent cancer, said Sardo, including calcium, folic acid, fiber and various phytochemicals. Acting together, Sardo said, the compounds in black raspberries slow the growth rate of pre-malignant cancerous cells, and they stimulate those cells to die, a process called apoptosis.

[Berries and Cancer Prevention: Gary D. Stoner, Navindra P. ...](#)

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[Fight Cancer with Antioxidant Bursting Berries - Driscoll's](#)

Why are berries so important to cancer prevention? Blueberries are among the most powerful sources of antioxidants. The cancer fighting phytochemicals found specifically in blueberries include anthocyanosides (one of the most potent antioxidants) and resveratrol (also found in the skin of red grapes).

[Berries May Help Prevent Cancer - WebMD](#)

The amount of pterostilbene in berries varies, Reddy notes. Berries can be part of a healthy diet. But it's too soon to count on berries to prevent colon cancer.

[Berries and Cancer Prevention eBook by - 9781441975546 ...](#)

Read "Berries and Cancer Prevention" by with Rakuten Kobo. Experimental investigations in the past 10-15 years

have provided convincing evidence of the cancer preventive potential.

**What You Need to Know About Berries and Cancer**

Berries and Cancer Preventing Compounds: Ellagic Acid, Folate, Fiber, and More. Such benefits aren't limited to just black raspberries, red raspberries, blueberries, blackberries, and strawberries; all contain beneficial antioxidants that scavenge cancer-causing free radicals and help the body fend off cancer.

**Foods That Fight Cancer? - American Institute for Cancer ...**

Foods That Fight Cancer? Berries According to AICR's second expert report, Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective, foods high in vitamin C probably protect against cancer of the esophagus, while foods containing dietary fiber probably decrease colorectal cancer risk.