



By Candelaria Brown

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***“A worm is a clever creature, it eats apples...and mangoes...”***

***My quote...***

## Introduction

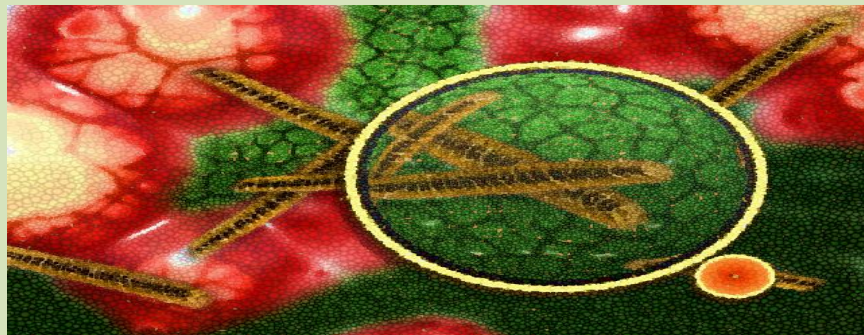
The Environment in which we live is full of Pathogens.

Pathogens are microorganisms that cause disease.

The Immune System defends the body against Pathogens.

Cancer is a disease caused by multiple division of abnormal cells in the body.

Good nutrition is essential to strengthen the immune system.



Some of the Good Nutrients, which help strengthen the body against Cancer are:

1. [Alpha-Lipoic-Acid](#): research has concluded that foods rich in Alpha-Lipoic-Acid, a powerful antioxidant, can help with nerve damaged cause during cancer treatment.

Found in:

Broccoli

Brussels sprouts

Beets

Carrots

Potatoes

Tomatoes

## Rice Bran

2. [Arginine](#): research has concluded showed that arginine contributes to the immune system functions by increasing levels of white blood cells.

Found in:

Nuts

Lentils Beans

Whole Grain

Tuna

Salmon

Eggs



Carotenoids: my favorites!! These fellas act as little immune crusaders and free-radicals hunters and this is why I just love them. Research concluded they offer protection against cancer.

Found in:

Broccoli

Lettuce

Carrots

Celery

Greens

Oranges



3. [CLA](#): Conjugated Linoleic Acid:  
In studies concluded CLA are helpful in fighting cancerous cells. It also seems to inhibit growth of tumors.

Found in:

[Grass Feed Cows](#)

Milk Products [from Grass Feed Cows](#)



#### 4. Essential Fatty Acids:

Research has concluded these acids help fight back degenerative disease including cancer.

Found in:

Parsley

Oatmeal

Pumpkin Seeds

Eggs

Yogurt

Salmon

Sardines

Tuna

Read complete article in

[Wellnessbynature.org](http://Wellnessbynature.org)

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