

# VEGETABLES THAT BEAT CANCER

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In 2008, a study was published by researchers who chose 34 different vegetables, juiced them, took extracts from the juice and put them directly on 8 different cancer cell lines to see how effective those vegetables are against cancer. The cancers they tested against included stomach, breast, pancreatic, prostate, lung, brain and kidney cancers.

*"Among all vegetables tested in this study, the extract from **garlic** was by far the strongest inhibitor of tumour cell proliferation, with **complete growth inhibition of all tested cell lines.**" ([study source](#))*

So as we can see, garlic stopped cancer cell growth in all of the 8 cancer cell lines. This shows the natural power of garlic, which is anti-oxidant, anti-bacterial, anti-fungal, anti-inflammatory, anti-parasitic and as we can see **anti-cancer!** But what about the other vegetables? Let's take a look at the results of others.

**Table 3**  
Antioxidant capacity, antiproliferative activity and protein concentration of vegetable juices

Vegetable extracts	Antioxidant capacity ( $\mu\text{mol Trolox equiv./ml}$ )	Antiproliferative activity (% inhibition)	Protein concentration (mg/ml)
Garlic	41.1 $\pm$ 1.9	100	9.15 $\pm$ 0.33
Curly cabbage	40.5 $\pm$ 2.7	95 $\pm$ 5	1.75 $\pm$ 0.07
Brussels sprouts	32.9 $\pm$ 0.5	100	4.94 $\pm$ 0.23
Beetroot	24.7 $\pm$ 1.8	100	1.54 $\pm$ 0.05
Red cabbage	23.2 $\pm$ 0.4	94 $\pm$ 2	1.10 $\pm$ 0.02
Fiddlehead	19.4 $\pm$ 0.7	64 $\pm$ 6	0.76 $\pm$ 0.01
Spinach	17.4 $\pm$ 0.5	99	5.45 $\pm$ 0.27
Eggplant	15.5 $\pm$ 2.0	1 $\pm$ 6	0.95 $\pm$ 0.04
Yellow onion	11.5 $\pm$ 0.1	99 $\pm$ 2	0.45 $\pm$ 0.03
Green onion	10.6 $\pm$ 0.5	100	1.02 $\pm$ 0.01
Kale	9.7 $\pm$ 1.2	100	4.32 $\pm$ 0.10
Asparagus	9.2 $\pm$ 1.2	71 $\pm$ 1	2.16 $\pm$ 0.02
Orange bell pepper	7.9 $\pm$ 0.3	0 $\pm$ 1	0.24 $\pm$ 0.01
Potato	6.8 $\pm$ 0.9	0 $\pm$ 4	7.08 $\pm$ 0.22
Broccoli	6.8 $\pm$ 0.9	100	3.71 $\pm$ 0.02
Radicchio	6.4 $\pm$ 0.1	4 $\pm$ 8	0.92 $\pm$ 0.05
Radish	5.9 $\pm$ 0.1	4 $\pm$ 9	0.75 $\pm$ 0.01
Leek	5.8 $\pm$ 0.04	100	3.44 $\pm$ 0.08
Rutabaga	5.1 $\pm$ 0.3	71 $\pm$ 1	0.75 $\pm$ 0.02
Cauliflower	4.8 $\pm$ 0.4	100	1.66 $\pm$ 0.15
Cabbage	4.7 $\pm$ 0.3	100	1.27 $\pm$ 0.05
Jalapeno	4.7 $\pm$ 0.2	49 $\pm$ 4	1.13 $\pm$ 0.03
Green beans	3.9 $\pm$ 0.2	88 $\pm$ 3	3.70 $\pm$ 0.03
Romaine lettuce	2.9 $\pm$ 0.2	0 $\pm$ 1	1.71 $\pm$ 0.05
Fennel bulb	2.7 $\pm$ 0.4	2 $\pm$ 10	0.79 $\pm$ 0.01
Endive	2.5 $\pm$ 0.1	0 $\pm$ 1	0.44 $\pm$ 0.01
Bok choy	2.1 $\pm$ 0.5	19 $\pm$ 1	1.02 $\pm$ 0.03
Carrot	1.9 $\pm$ 0.4	1 $\pm$ 6	1.30 $\pm$ 0.02
Celery	1.8 $\pm$ 0.2	70 $\pm$ 2	0.44 $\pm$ 0.02
Tomato	1.6 $\pm$ 0.1	16 $\pm$ 1	0.07 $\pm$ 0.01
Boston lettuce	1.5 $\pm$ 0.3	0 $\pm$ 12	0.99 $\pm$ 0.03
Acorn squash	1.5 $\pm$ 0.3	53 $\pm$ 10	0.74 $\pm$ 0.02
English Cucumber	1.4 $\pm$ 0.2	41 $\pm$ 11	0.27 $\pm$ 0.02

Click on the image to see how well each

vegetable did in stopping cancer growth.

*"In addition to cruciferous vegetables, all members of the Allium family tested in this study were powerful inhibitors of tumour cell proliferation ... Leek, immature (green) and mature (yellow) onions were also highly inhibitory against most cell lines." ([study source](#))*

**Now why isn't this important information given by the cancer industry and cancer 'charities'? Natural food is the TRUE medicine, NOT drugs!**

So the most potent anti-cancer vegetables in this study were mostly from two families: the most powerful being the 'allium' family, which is garlic, onions, and leeks, and then also the 'cruciferous' family, which includes broccoli, cauliflower, kale, cabbage, brussels sprouts. The extracts were taken from fresh raw vegetables, not cooked.

It is interesting to note that the vegetables mainly consumed in the Western diet, like carrots, potatoes, tomatoes and lettuce had little effect on the cancer cell lines. Yes, they are still good foods to eat and have beneficial elements, but they did not perform well in stopping cancer growth. And if you add in the fact that these foods are overcooked in the Western diet, destroying much of the goodness, then they have even less effect on us.

*"We show in this work that vegetables that are the most commonly consumed in Western countries, such as potato, carrot, tomato and lettuce, had in general a weak effect on tumour cell proliferation. The lack of inhibitory effect of these widely consumed vegetables is noteworthy since potatoes, carrots, tomatoes and leaf lettuces account for approximately 60 percent of total per capita vegetable intake in the Unites States adult population. Potatoes, in particular, represent as much as 32 percent of vegetable consumption, half of this intake being in the form of French fries (Johnston et al., 2000; Krebs-Smith & Kantor, 2001). By contrast, the intake of dark green and cruciferous vegetables represent less than 1 percent of*

*mean fruit and vegetable consumption and that of garlic is even lower (Krebs-Smith & Kantor, 2001). Thus, although the consumption of fruits and vegetables in general must still be strongly encouraged, specific recommendations regarding the need to eat a wide variety of these foods, including cruciferous, dark green and Allium vegetables, are clearly required in order to increase the benefits of fruit and vegetable intake on cancer prevention." ([study source](#))*

This study does not take into the account the benefits of fruit against cancer. So adding plenty of fruit to your diet will obviously improve your chances of stopping or preventing cancer. But the following note from the study shows why it is important to have a varied fruit and vegetable diet, not just eating the same few all the time.

*"The importance of eating a wide variety of vegetables is also well illustrated by the differential sensitivity of tumour cells to these foods. Thus, the antiproliferative effect of vegetables extracts markedly vary depending on the origin of the tumour and that no vegetable, with very few exceptions that will be discussed below, can be considered as effective against all types of cancer cells. Tumour cells derived from the kidney and the pancreas, two malignancies that are highly resistant to most chemotherapeutic regimens, were the least sensitive cancer cell lines tested in our study, with only 7 and 12 extracts showing an inhibitory activity greater than 50 percent on kidney and pancreatic cells, respectively. For example, a cauliflower extract, which markedly inhibit the proliferation of all other tested cell lines was much less active on Panc-1 cells and showed no significant inhibitory effect on Caki-2 cells. Dramatic differences in the inhibitory activity of some extracts were also observed, depending on the origin of the tumour cells. A good example is the effect of the radish extract, which completely abolished the proliferation of stomach and breast cancer cells but had no inhibitory effect on tumour cells of lung, pancreas, brain and kidney origin. On the contrary, the orange bell pepper extract, which was inactive against most tumour cell types, showed significant inhibitory activity (75 percent inhibition) against tumour cells of prostate origin. The large variation existing in the nature and in the levels of anticancer phytochemicals in vegetables and the differential sensitivity of tumour cells to these molecules thus imply that a diversified diet, containing several distinct classes of vegetables (and hence of phytochemicals) is essential for effective prevention of cancer." ([study source](#))*

It is a known fact that chemotherapy has terrible side effects and damages your immune system. Yes, it can kill the cancer cells (temporarily), but it also kills healthy cells. But God has created all we need to live healthy lives. We do not need the drugs that man has made with all it's side effects, when God has provided the power of nature to heal us. And scientific research has backed this up with evidence to show that the food God created for us kills cancer!

God needs His people to embrace His [HEALTH MESSAGE](#). There is LIFE in this message - Natural food is the TRUE MEDICINE!

*Genesis 1:29 ...'And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.'*

*Genesis 2:9 ...'And out of the ground made the Lord God to grow every tree that is pleasant to the sight, and good for food.'*

*Daniel 1:12 ...'Prove thy servants, I beseech thee, ten days; and let them give us **pulse to eat, and water to drink.**'*