

The important benefits of different foods in the fight against cancer

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Abstract

There is no doubt that eating correctly and in a healthy way prevents us from developing certain diseases. More and more, doctors show and reveal that some cancers are closely linked to what we eat. In fact, experts say that more than 50% of cancerous tumors could be prevented with a healthy diet. Fruits, vegetables, and greens, among many other foods, are part of anti-cancer foods. Many foods have been identified as anticancer agents, such as oily fish, olive oil, berries, walnuts, garlic, and broccoli, among others.

Today, modern medicine relies on careful study and isolation of compounds or proteins from these products, however, this can be very difficult to achieve as these products are often made up of dozens or hundreds of proteins. This is why developing a safe, effective, and reproducible drug is a challenge since the composition of a pharmacological product depends on several methods to be used and developed.

Biography

Daniela Capdepon is a Medical Director and Consultant Oncologist at Campana Cancer Centre, Argentina.