



Why Salsa de Rosa is an excellent source of Cancer Fighters

Tomatoes and Tomatillos

Contain **lycopene**, an antioxidant that attacks roaming oxygen molecules, known as free radicals, that are suspected of triggering cancer. It appears that the hotter the weather, the more lycopene tomatoes produce. They also have vitamin C, an antioxidant which can prevent cellular damage that leads to cancer. Watermelons, carrots, and red peppers also contain these substances, but in lesser quantities. It is concentrated by cooking tomatoes. Scientists in Israel have shown that lycopene can kill mouth cancer cells. An increased intake of lycopene has already been linked to a reduced risk of breast, prostate, pancreas and colorectal cancer. (Note: Recent studies indicate that for proper absorption, the body also needs some oil along with lycopene.)¹

Garlic and Onion

They contain **alluvium** compounds that improves immune power, block carcinogens from entering cells and slow tumor development. Studies have linked garlic and onions to lower risk of stomach and colon cancer. **Fresh raw garlic** is more beneficial.²

Chili peppers and jalapenos

They contain a chemical, **capsaicin**, which may neutralize certain cancer-causing substances (nitrosamines) and may help prevent cancers such as stomach cancer.³ They are also a great source of cancer fighting Vitamin C, Vitamin A, folic acid and potassium.⁴ Capsaicin is also helpful with conditions of the skin like eczema and psoriasis.⁵

Red Wine Vinegar (Made with Red Wine)

Red wine, even without alcohol, has **polyphenols** that may protect against various types of cancer. Polyphenols are potent antioxidants, compounds that help neutralize disease-causing free radicals. Also, researchers at the University of North Carolina's medical school in Chapel Hill found the compound **resveratrol**, which is found in grape skins. It appears that resveratrol inhibits cell proliferation and can help prevent cancer. However, the findings didn't extend to heavy imbibers, so it should be used in moderation. In addition, alcohol can be toxic to the liver and to the nervous system, and many wines have sulfites, which may be harmful to your health. Note: some research indicates that alcohol is considered a class "A" carcinogen which can actually cause cancer - see <http://www.jrussellshealth.com/alccanc.html>. You should probably switch to non-alcoholic wines.⁶

¹The Cancer Cure Foundation http://www.cancure.org/cancer_fighting_foods.htm

² <http://www.fatfreakitchen.com/cancer.html>

³ The Cancer Cure Foundation http://www.cancure.org/cancer_fighting_foods.htm

⁴National Foundation for Cancer Research http://www2.nfcr.org/site/PageServer?pagename=pt_topten

⁵ Med Help International <http://www.medhelp.org/forums/dermatology/messages/31823.html>

⁶ The Cancer Cure Foundation http://www.cancure.org/cancer_fighting_foods.htm