

Free Cancer Seminar



Lyn Freeman, Ph.D

Wednesday, March 21
6:30 p.m.

Alaska Medical Plaza
Alaska Regional Campus
1200 Airport Heights
Classrooms 1&2, Mezzanine Level

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SPICES A KEY INGREDIENT FOR CANCER PREVENTION AND TREATMENT PART 2

Did you know that the active ingredients in common cooking spices have properties that help inhibit genes responsible for cancer? In a series of studies, including human clinical trials, various spices have been found to:

- Stop cancer cells from dividing and multiplying
- Stop cancer cells from moving from the initial tumor to other parts of the body
- Stop the formation of a new blood supply to tumor
- Advance the death of cancer cells
- Enhance the effectiveness of chemotherapy, improving the likelihood of full remission

Researchers at MD Anderson and other cancer centers have even argued that the active ingredients in spices may be more important in fighting cancer than many of the foods we put them on. As an added benefit, they also make health-promoting foods taste better.

Join Dr. Lyn Freeman as she discusses this topic and methods for spicing up your life.

NOT BIGGER JUST BETTER



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