

@mjkabir Notes



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## Awesome Fruits to Fight Cancer

I love the five fruits mentioned in this note. As a family, we consume organic fruits as a big part of our daily diet. Kids eat a plate of mixed fruits cut from whole organic fruits at home daily. We never buy pre-cut fruits from stores.

We grow many fruits and vegetables, even with minimal growing spaces around the house. Our obnoxious HOA, police our front yard and backyard and the surrounding golf course has strict restrictions on what can be grown in public view of the property. So, we are limited, but my wife has grown many exotic fruits that she imported from southern California and Florida.



AI REVIEW PASSED.

## **Cooked Tomato in Olive Oil**

They are rich in lycopene, which helps fight against prostate cancer and burns fat by activating brown fat. It is recommended to cook tomatoes to maximize lycopene absorption. Olive oil is recommended for cooking tomatoes as it helps absorb lycopene more easily.

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## **Pear helps blood vessels**

One of my favorite fruits. They contain chlorogenic acid, which helps activate metabolism and burn fat. Pears are also high in dietary fiber, which can lower the risk of tumor progression or death. An average pear has 5-6 grams of dietary fiber.

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## I ♥ Kiwi

Kiwi is one of my favorite fruits. It is something I discovered once I came to the US. One of my classmates in a public speaking class introduced me to Kiwi.

They are packed with vitamins and antioxidants that can protect DNA from damage and repair it. Kiwis can also improve gut health by increasing beneficial bacteria.

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## **Berries - Strawberries, blackberries, blueberries**

Who doesn't love the berries? I love blueberries more than blackberries or strawberries.

Berries, especially dark berries like blueberries, blackberries, and strawberries, are rich in ellagic acid and anthocyanins, which have anti-androgenic and immune-boosting properties.

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## **Pomegranate - we grow it at home!**

Pomegranate is a significant hit in our household. We have two pomegranate trees, producing hundreds of pomegranates yearly. After sharing with neighbors and friends, we still have tons of them and keep them refrigerated for months.

Pomegranate juice contains ellagitannins, which can starve cancer cells by cutting off their blood supply and improve gut health by promoting the growth of beneficial bacteria.

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## This Video Gives You Details on the Health Benefits of these Fruits

Doctor William Li, a world-renowned Harvard-trained medical doctor, researcher, and president and a founder of the Angiogenesis Foundation. His work has led to more than 40 FDA-approved therapeutics and devices for cancer, cardiovascular disease, wound healing, and vision loss.

He is also a New York Times bestselling author with “Eat To Beat Disease: The New Science of How Your Body Can Heal Itself.” and he recently published a new book “Eat To Beat Diet: Burn Fat, Heal Your Metabolism, and Live Longer”.

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**Website:**

<https://youtu.be/z1yLFRYGZlc?si=C4KfkjT1EVI8QYRN>