

Eating to starve cancer - William Lee MD

Foods that inhibit angiogenesis

Green Tea****
Strawberries
Blackberries
Raspberries
Blueberries
Oranges***
Grapefruit***
Lemons***
Apples
Pineapple
Cherries
Red Grapes
Red Wine
Brassica Family***
Bok Choy
Kale
Soy Beans
Ginseng
Maitake Mushroom
Licorice
Turmeric****
Nutmeg
Artichokes
Lavender***
Pumpkin
Sea Cucumber
Tuna
Parsley
Garlic
Tomato
Olive Oil
Grape Seed Oil
Dark Chocolate

Broccoli Stems have 2x more sulphorophane than tops
Broccoli Seed Sprouts have many more times
Mushroom Stems have more beta glucans than the tops

Glucosamine
Vitamin E