
phyto Will Phyto--chemicals be vitamins oneday?

Posted by Boward Sage, Phd - 2009/09/25 09:57

Phytochemicals - Phytochemicals maybe vitamins someday? can do you words chemoprevention, which heard nutraceuticals and phytochemicals in the means. What exactly do these designations mean? With the constantly rising interest, on, to improve our health it is important to understand these words and to understand their function in the health care. The information, which is represented here, makes a basis available for decoding the mixing announcements, which are supplied to the means, to the discussions, to the research and to the training. Research showed that cancer is a largely avoidable illness. It becomes estimated that more than two-thirds can be prevented of cancer by life-style change (1). Nearly third of this cancer occurrence can be attributed, in order to feed alone, secondly to our American Diet of fat-rich, low fiber contents. Fruit and vegetable consumption were shown throughout, in order to reduce the danger of many cancers (2). A strategy is 5 per day for better health program is, that by national health-Institut (NHI) is promoted and the public able to include more fruit and vegetables into its Diet with. The American cancer society developed guidelines for food and cancer prevention. These guidelines are similar to the Diet guidelines for Americans and include the following also: Select most food, which eats you from the operating sources. Limit your inlet of the fat-rich food, particularly from the sources of animal. You are physically active. Obtain and maintain your healthy weight. Limit for consumption of the alcoholic beverages, if you drink at all. The guideline, which indicates too, select most food, which is you from the operating sources recognized for years eats, as important for good health. The food leader pyramid illustrates this recommendation. More importantly, new research began, characteristics, specifically the chemicals, contained in the fruits, vegetable, grains, leguminous plants, seed, sweet wood root, to describe soy bean oil and green dte. The chemical means, which are found in these food, are recognized for their potential for protection against Heartdiasease and cancer HSagePs...@hotmail.com
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