Asparagus and Cancer; The Myth

There are people out there saying that there is a great new way to treat ***cancer*** and that is to eat lots and lots of ***asparagus***. This seems so simple and easy that you may believe it is too good to be true. Well it is! ***Asparagus*** does contain vitamins and minerals that are essential in the fight against ***cancer.*** However there is not enough in one helping to do much good. Trying to eat ***asparagus*** to fight ***cancer*** would be like trying to hold back the ocean with a spoon.

The Positives of Asparagus

Methionine is an amino acid found in everything from meat and poultry to sesame seeds. This amino acid in conjunction with folate and vitamin B6 has been shown to have ***cancer*** fighting properties. This was discovered in research published in the American Medical Journal in 2010. ***Asparagus*** contains vitamin B6 and folate.   
  
Asparanin A Discovered by researchers in China has shown promise as a compound that causes the death of many liver ***cancer*** cells. In addition the anti-oxidant glutathione is another substance that staves off cancer. ***Asparagus*** is one of the best food options when it comes to providing this substance to the body. Glutathione also has anti viral properties.  
  
***Asparagus*** is an excellent source of anti-oxidants and it also contains a substance called saponins which is acts as an anti-inflammatory. Research has shown that these two things work to reduce stress. This stress is bad for people developing ***cancer***. Therefore it only makes sense that ***asparagus*** should be considered as part of a healthy diet.

Another way that ***asparagus*** can add to the health of people is that is contains certain substances that aid with menopause, infertility, and loss of libido.  
  
Cancer vs. Asparagus

There is an amino acid called asparagines which is essential to the growth of leukemia cells. As a way of treating leukemia a drug called Elgar is administered. This destroys all of the asparagines in the system. This is done in order to starve the ***cancer*** cells. ***Asparagus*** is a good source of this amino acid therefore it works in a way that is counter-productive to fighting ***cancer***.

In the End

When anyone recommends eating one food as a magic bullet to curing anything especially ***cancer*** they are solely mistaken and they do not understand what alternative health is all about. ***Asparagus*** is not a miracle cure for anything. Ingesting large quantities will not provide you with what you are hoping for.   
  
Balance is what alternative health is all about. The followers of this line of thinking understand that there is no one cure for anything. But they do believe that having a balance in their lives will help cure ***cancer*** or any other ailment they may have.  
  
There are many fruits and vegetables that are available to be a part of a healthy lifestyle. Eating anyone of these will help protect you and your body against ***cancer.*** But do not stop there as eating a healthy diet also strengthens the body helping it to fight against many other diseases. You should never be afraid to keep your body as healthy as possible.

Keep in mind that some people have food allergies, in which case certain foods should be avoided in order to maintain a healthy diet.  
  
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