



Top Supplements to Protect Against Breast Cancer

When breast cancer awareness events occur every fall, we don't hear much about the power of supplements to protect against the disease, but we should. "There are quite a few things that have been shown to reduce incidence of breast cancer," says Christine Horner, MD, author of *Waking the Warrior Goddess: Dr. Christine Horner's Program to Protect Against & Fight Breast Cancer*. "These are the most powerful ones," she says. "And super-important."

❖ TURMERIC AND GREEN TEA

Both have multiple anticancer properties and enhance each other. When taken together, says Horner, "Green tea will enhance the anticancer effect of turmeric by three times, and turmeric enhances the anticancer effect of green tea by eight times."

Take: 1,000 mg of turmeric root extract and 500 mg of green tea leaf extract.

❖ AHCC

Short for active hexose-correlated compound, AHCC is a bioavailable extract of mushrooms. Used as a cancer treatment in Japan, it reduces breast cancer chemo side effects and helps prevent breast and other cancers. "AHCC helps to support every single cell type in the immune system and has direct killing effects on cancer cells," says Horner.

Take: 500 mg twice daily.

❖ FLAX SEED OR LIGNANS

Flax seeds are the most powerful food to lower risk. Flax lignans, a component of the seeds, have 12 different anticancer properties and can be taken as a supplement.

Take: 3–4 tablespoons daily of ground flax seeds or a flax lignan extract supplement.

❖ VITAMIN D

Optimum levels can cut the risk of breast cancer in half, says Horner.

Take: Use a home test kit from powerofd.org to determine your personal needs.