



Foods to Reduce Prostate Cancer Risk

Diet and lifestyle does not cause prostate cancer, but it can increase risk. It can also impact the growth rate of it and possibly even the extent to which it spreads.

Here are suggestions for using food to stay healthy and to help your recovery if you have cancer. Most of the suggestions for prostate health will also give you a protective edge for breast health, other cancers, heart disease, diabetes, Alzheimer's, and the list keeps growing. . . all good reasons to be conscious about your lifestyle choices.

Cooked tomatoes: Eating tomato sauce at least twice a week lowered the risk of prostate cancer by 33 percent in one study of 47,000 men (*Journal of the National Cancer Institute, March 6, 2002*). Lycopene, a pigment found in tomatoes, is more readily available from cooked tomatoes than raw. It needs fat to be absorbed, so include some olive oil! Lycopene from food is more effective than lycopene from supplements.

Cruciferous vegetables: Men who eat at least five servings a week of cruciferous veggies are 10-20 percent less likely to develop prostate cancer. Choices include broccoli, kale, Brussels sprouts, cabbage, collards, cauliflower and bok choy.

There's more! The full article can be found on my website: www.kathynichols.net/FoodsToReduceProstateRisk.htm There you will find information about the impact of oily fish, flaxseed, soy foods, chili peppers, green tea, red wine, pomegranate juice, animal fats, vitamins and minerals, exercise and weight control.



Care for the Self

Food is a source of comfort, and one of the most common ways we take care of ourselves. When you reach for food, and you are not hungry, what are you avoiding? What is food a substitute for? *It is not about the food, so what is it about?*

Lately I have noticed that many of the women I work with eat when they are exhausted. It is a way to keep energy up, to keep going. We are programmed to be productive, to stay busy. We also think it is our responsibility to take care of people, things and events. So we keep going. And going. Instead of giving ourselves a break, we try to refuel with food. It is not very effective because it is not the right fuel.

Experiment. The next time you are looking for food (and you are not hungry), check in to see how tired you are. Try stopping and taking a break. Some sources suggest taking a break every 1 1/2 - 2 hours.

Another common reason for eating when not hungry (and this one shows up for men and women), is being bored or restless. In our fast paced world, slowing down is challenging for some of us. When you do finally stop, it can have a prickly feeling. It is easy to smooth the edges with food. It gives us something to do, fills a void. However, it is more interesting to check out the restlessness. Chances are you won't die from it. And once you get past that edgy feeling, not doing anything can feel very luscious!

As you bring awareness to what, when and why you eat – you begin to have more choices. How *do* you care for yourself? What is the nourishment that you *really* need? Eating for comfort is always a choice. Yet when you know that is what you are doing, you may find alternatives that are even more effective, and without the extra calories.

February Class Schedule

Free Teleclasses:

Developing Body Awareness: Hunger and Fullness

Feb 7: 1-2 pm

Why are you eating, and what's eating you?

Feb 14: 1-2 pm

Feb 20: 7-8 pm



5 Week Healthy Habits Teleclass:

Wednesdays, 1-2 pm, starting Feb 21

\$100 for series; series includes

- Body sensations: hunger and fullness
- Meal timing for sustainability
- Choosing healthy carbohydrates
- Increasing good fats and omega-3's
- Sensational taste: eating with all the senses
- Tuning in to how food makes you feel
- Why are you eating, and what's eating you?
- Portion control from the inside
- Body awareness and mindfulness exercises



Healthy Habits: In-person Class, Healdsburg CA

Feb 13: 1-3 pm; \$25

The two hour class focuses on selecting healthy foods and will assist with lowering cholesterol, blood sugars and weight.

Details on website: www.kathynichols.net

Kathy Nichols: Life Coach & Registered Dietitian

Health and Wellness Coaching and Nutrition Consulting.

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Discover Wellness from the Inside Out!



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Find copies of this and past newsletters on the website: www.kathynichols.net

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