



Cleansing Water Newsletter

April 2011

Volume 5, Issue 4

Drinking Tomato Juice Might Help Protect Your Bones

Could a couple of glasses of tomato juice help you avoid osteoporosis? A new small study says yes.

Lycopene, an antioxidant carotenoid that gives tomatoes and other fruits their red color, reduces oxidative stress and bone resorption linked to osteoporosis. These reactive-oxygen compounds can stimulate the body to reabsorb bone as well as reverse damage in the cells that are responsible for bone formation.

In North America, 85% of dietary lycopene comes from tomato products such as juice or paste. Processing raw tomatoes using heat actually changes the lycopene

into a form that is easier for the body to use.



Cleansing Water passed the state survey with ZERO deficiencies! Way to go!!!!

COLON CANCER

Preventable

Treatable

Beatable

The key to beating colorectal cancer is periodic screening before symptoms appear.

Coffee & Tea =

Less Diabetes

Individuals who drink more coffee (regular or decaf) or tea appear to have a lower risk of developing type 2 diabetes

April is National Child Abuse Prevention Month

World Health Day is April 7th

Earth Day is April 22nd

Happy Easter.....April 24, 2011

The Complex Link Between Tobacco and Breast Cancer

The list of cancers associated with smoking is a long one: lung, esophagus, throat and larynx, as well as kidney, bladder, pancreas and stomach. Now add breast cancer to the toll.

Until now, studies had not been able to definitively link

smoking to breast cancer because of tobacco's double-edged effect.

The added breast-cancer risk from regular smoking at any age was 6%, but that figure shot up for heavy smokers. Women who lit up before age 18 and smoked for three

decades or longer had a 25% greater chance of the disease than nonsmokers.

The solution...don't smoke...stop smoking...stay away from smokers!

