



Prevent breast cancer with ALA

- ✓ The importance of Alpha-Linolenic Acid (ALA) is often underestimated by nutritionists. Although EPA and DHA are extremely important and many people have a shortage, one must also serve enough ALA in the diet or through supplementation.
- ✓ Part of ALA will be converted into EPA and DHA
 - ✓ when enough **Magnesium, Zinc, vitamin C, B3 and B6** are present
 - ✓ if not too **much refined sugars, saturated fats and trans fats** are consumed
 - ✓ if the intake of **linoleic acid** is limited.For most people these conditions are not present. It is therefore recommended to consider either ALA, EPA and DHA from your diet and/or supplements.
- ✓ ALA has in the body, besides conversion to EPA and DHA, other important functions. It provides a **healthy skin, it protects against heart disease, high blood pressure, high cholesterol, asthma, depression, arthritis, painful menstruation** and many other disorders.
- ✓ It is often said that too many ALA would be dangerous in hormone sensitive cancers. Scientific research shows the opposite. **Flax seed oil rich in ALA inhibit proliferation or metastasis of breast cancer cells and stimulates the death of cancer cells.** It even prevents the formation of estrogen-sensitive breast cancer. A high concentration of ALA in breast adipose tissue reduces breast cancer risk by 64%.
- ✓ **ALA is, except in flax seed oil in the diet of rapeseed oil (canola), soybeans, pumpkin seeds, perilla (oil) and walnuts.**

Reference:

Truan JS, Chen JM, Thompson LU. Flaxseed oil reduces the growth of human breast tumours (MCF-7) at high levels of circulating oestrogen. Mol Nutr Food Res. 2010 Oct;54(10):1414-21.

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