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Barley Power

For extra cancer-fighting power, add cooked barley to your soups, stews and side dishes. Barley is one of the ancient Biblical foods

Barley is a very good source of selenium and researchers have shown that selenium may have cancer-fighting powers. In cell studies, the nutrient not only inhibited the growth of colon cancer cells, but it also appeared to reduce cancer-causing cell damage to skin cells.

Other good sources of selenium include turkey and mushrooms.

Until next time have a blessed week!

ALFIE