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Add a cancer-fighting spice to your diet

For extra anti-cancer benefits, spice up stir-fry dishes, soups and fresh fish with ginger.

Ginger possesses two anti-carcinogenic compounds, 6-gingerol and 6-paradol. Studies have shown that these compounds may help inhibit certain cell transformations that could lead to cancer. The 6-gingerol content of processed ginger may vary greatly, so choose fresh ginger whenever possible.

Until next time have a blessed week and spice up your health!

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