

## Strawberries may slow pre-cancerous growth in the esophagus.

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Eat your fruits and vegetables. This rule of thumb has been passed down for ages, and now concerned parents have yet another helper. In a recent presentation at the 102nd annual meeting of the American Association for Cancer Research (AACR), Ohio State University researchers revealed results supporting the promising anti-cancer effects of strawberries.

Esophageal cancer is the sixth most common cause of cancer-related death in the world, and it occurs at highest incidence in China. Scientists performed a study in which 36 high-risk participants in China consumed 60 grams of freeze-dried strawberries every day for six months. At the study's conclusion, 80% of the subjects demonstrated a decrease in severity of precancerous lesions in the esophagus.

Source

<https://www.ncbi.nlm.nih.gov/pubmed/22135048>

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