**The #1 Bone-Building Calcium is Even BETTER!**

Introducing **AdvaCAL® Fast Release**

“As an osteoporosis expert, I appreciate the difference that AdvaCAL offers over other calciums. I recommend it to my patients and I take it myself every day.”

— Martha Gonzalez, M.D., M.R.H.
Director, Women’s Comprehensive Osteoporosis Center, CA

**FLAXSEED MAY SLOW PROSTATE CANCER**

**NEW RESEARCH FROM** Duke University indicates flaxseed may slow the growth of prostate cancer tumors. A month before 160 men were scheduled to have surgery for prostate cancer, researchers divided the men into four groups: Subjects received either 30 g of ground flaxseed, flaxseed with a low-fat diet, a low-fat diet without flaxseed, or no diet change or supplement intake. The men underwent surgery as planned. Researchers then examined the tumors and found that the cancer cells grew 30-40 percent slower in men with flaxseed in their diets.

**MAKE MINE MEDIUM-RARE, PLEASE**

The next time a waiter asks how you want your meat cooked, you may want to say “rare” or “medium-rare.” Researchers have found a possible link between well-done meat and increased risk of colon cancer, which is the second most common cancer in the United States and usually forms from precancerous growths called polyps. A study in the *International Journal of Cancer* examined colonoscopy results of 1,028 people (ages 40 to 75) who had polyps and 1,577 with none. Those who ate the most total meat and red meat were 50-60 percent more likely to have hyperplastic polyps, which are often benign but can develop into cancer. And eating well-done meat increased the risk of developing adenomatous, or precancerous, polyps by 40-60 percent.

**LADIES, EAT YOUR SPINACH!**

According to a study published in the *International Journal of Cancer*, eating plenty of spinach, which contains the flavonoid kaempferol, may reduce the risk of ovarian cancer. Researchers studied the intake of several flavonoids among 66,940 women enrolled in the Nurses’ Health Study between 1984 and 2002. During that time, 347 women were diagnosed with ovarian cancer. Results showed a 40 percent reduced risk of developing ovarian cancer among women in the study who consumed the highest levels of kaempferol, which is also found in other foods like broccoli, citrus, leeks, and cabbage. Researchers also found a 34 percent reduced risk in women with the highest levels of the flavonol luteolin, which is found in citrus.

**NEWS FLASH | THE LATEST RESEARCH**

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