In the past few years, numerous studies have reconfirmed that our lungs love carotenoids vitamin C, and vitamin E.

These antioxidants are found in a wide variety of fresh fruits and vegetable, and researchers have repeatedly affirmed that they protect against the environmental toxins that contribute to lung diseases, such as chronic bronchitis, asthma, and emphysema. Selenium, another protective antioxidant, has also been shown to counteract the tissue-damaging effects of pollution.

_A study in the Annals of Oncology (February 2007) reported that, as previous studies had shown, people consuming the greatest amounts of fruits and vegetables had the lowest risk for lung cancer. This was true for both smokers and those who had never smoked._

_— Lucretia Schanfarber_