



## Eating a Few Ounces of Mushrooms Every Day Helps Prevent Breast Cancer

Eating somewhat less than 100 grams (about 3 1/2 ounces or 1 cup) of mushrooms per day could have an effect on preventing new breast cancers. Extracts of fungi interfere with the action of an enzyme that helps the body make estrogen, the hormone most hormone-dependent breast tumors require to grow. While studies have shown the value of shiitake, oyster, maitake and enoki mushrooms to prevent and reverse tumor growth, the most recent research show white button mushrooms have the strongest effect, and that portobello and crimini mushrooms also inhibit the harmful enzyme activity.

*Source: Cancer Research*, Dec. 15, 2006, as announced by Dr. Betty Kamen, Ph.D. in her Table Talk Health Hints, [www.bettykamen.com](http://www.bettykamen.com)