

Editions | myCNN | Video | Audio | Headline News Brief | Feedback

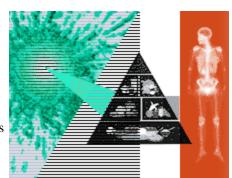
with WebMD.com

Chemicals in apples slow cancer growth in lab tests, scientists report

August 30, 2000 Web posted at: 11:00 a.m. EDT (1500

may keep the oncologist away.

slow the growth rate of human coloncancer cells and liver-cancer cells, laboratory tests at Cornell University have demonstrated.



HEALTH TOP STORIES

CNN Sites

CNN.com

Search

New treatments hold out hope for breast cancer patients

ONLoamNewsNet

(MORE)

CNN.com.

TOP STORIES

Thousands dead in India: quake toll rapidly rising

Israelis, Palestinians make final push before Israeli election

Davos protesters confront police

(MORE)

owmoney BUSINESS

Playing for Irag's jackpot

Coke & smoke bite Dow

Sun Microsystems posts tiny profit

(MORE)

MARKETS 4:30pm ET. 4/16 DJIA 144.70 8257.60 NAS 3.71 1394.72 10.90 879.91

S .com

SPORTS

Jordan says farewell for the third time

Shaq could miss playoff game for child's birth

Ex-USOC official says athletes bent drug rules

MAINPAGE **WEATHER**

TECHNOLOGY GMT)

ATLANTA (CNN) -- An apple a day

Naturally occurring chemicals in apples

The stronger the concentration of apple extract, the slower the rate of reproduction among the cancer cells, the Cornell scientists reported in a recent edition of the journal Nature.

The researchers said the relatively large amounts of antioxidants found in apple extract may help to explain the cancer protection provided by a diet that includes five servings of fruits and vegetables a day.

The anti-cancer effect, a spokesman said, was strongest in extracts made from unpeeled apples, which contain more antioxidant phytochemicals. These are plant chemicals containing substances that prevent or delay deterioration caused by oxygen.

David Ringer, Ph.D., scientific program director for the American Cancer Society, said it was too early to say which substances in apples provide the protection and that the best way to lower your risk of cancer is to eat enough fruits and vegetables.

"This is an interesting finding," he said. "And the possibility of unlocking which of these nutrients provides the chemoprotective effects is very exciting." Chemoprevention is the use of natural or lab-made substances to lower risk for cancer.

"But this study wasn't designed to prove which specific nutrients in the apples protect against cancer, or how," Ringer said. "And since we don't know yet, the surest way to get that protection is to eat a wide variety of fruits and vegetables every day, and at least five servings a day. We know that from very large dietary studies."

AIDS aging

SPACE **HEALTH**

WORLD

BUSINESS SPORTS

U.S.

alternative

<u>cancer</u>

children

diet & fitness

<u>men</u> women

ENTERTAINMENT

POLITICS

LAW

CAREER

TRAVEL

FOOD

ARTS & STYLE

BOOKS

NATURE

IN-DEPTH

ANALYSIS LOCAL

EDITIONS:

CNN.com Europe

change default edition

MULTIMEDIA:

video

video archive

multimedia showcase more services

F-MAII ·

Subscribe to one of our news e-mail lists.

Enter your address:



DISCUSSION:

feedback

chat

CNN WEB SITES:



CNNfyi.com CNN.com Europe

AsiaNow

Spanish Bortuguese

<u>Portuguese</u>

German Italian

Danish

<u>Japanese</u>

Chinese Headlines
Korean Headlines

TIME INC. SITES:



CNN NETWORKS:

CON CONTERNATIONAL CONTEXAS CO

CNN anchors transcripts

Turner distribution

SITE INFO:

help contents search ad info

iobs

WEB SERVICES:

Back to the top

Ringer also said, "This (Cornell) study shows that a food that is very available provides antioxidant protection against cancer. And it points to useful directions for future research. It's information we're glad to have."

Cancer society officials have estimated that about one-third of all cancers could be prevented by eating a healthy diet and getting enough physical activity.

Consuming the antioxidants from fresh fruit could be a better way to get the chemical cancer protection than from taking vitamin C supplements, the Cornell scientists reported.

"Our results indicate that natural antioxidants from fresh fruit could be more effective than a dietary supplement," said Marian V. Eberhardt, who published the study along with her colleagues from Cornell's department of food sciences.

Beneficial chemicals are found not only in apples — the Cornell study was funded by apple growers — but in many plants consumed directly or used indirectly by people. Phytochemicals in tea, for example, appear to inhibit the growth of blood vessels that feed cancer cells, according to research at Tufts University, Boston.

Scientists are at the beginning of an era in understanding the impact of phytochemicals on human health, declared Jeff Blumberg, a professor of nutrition at Tufts.

Further testing is expected on whether the positive developments from laboratory studies will stop cancer in people.

CNN Medical Correspondent Linda Ciampa contributed to this report.

RELATED STORIES:

Tea's reputation as a healthy brew increasing
June 19, 2000
Common screening test missing many colon cancers
July 20, 2000

RELATED SITES:

American Cancer Society

American Dietetic Association

Note: Pages will open in a new browser window External sites are not endorsed by CNN Interactive.

Search

CNN.com

Find

(MORE HEADLINES)

© 2001 Cable News Network. All Rights Reserved. Terms under which this service is provided to you. Read our <u>privacy guidelines</u>.

Visit http://www.applepolyphenols.com for the latest news and medical research on apple polyphenols.

(MORE.)

→ All Scoreboards

WEATHER

US Zip

go All cities

WORLD

Quake help not fast enough, says Indian PM

U.S.

Bush: No help from Washington for California power crunch

POLITICS

Bush signs order opening 'faith-based' charity office for business

LAW

Prosecutor says witnesses saw rap star shoot gun in club

TECHNOLOGY

Napster to launch fee-based service

ENTERTAINMENT

Can the second 'Survivor' live up to the first?

TRAVEL

Nurses to aid ailing airline passengers.

<u>FOOD</u>

Texas cattle quarantined after violation of mad-cow feed ban

ARTS & STYLE

Ceramist Adler adds furniture to his creations.
