



## Join the Fight— Eat Right

October is Breast Cancer Awareness Month. Recent studies suggest that these five foods may help to reduce the risk of the disease.

**WALNUTS** cut the chance of developing tumors and slowed breast tumor growth in mice. Experts predict that they may have a similar effect in humans.

**SOY FOODS** contain cancer-fighting isoflavones. A long-term study of women in China found that those who had a high soy intake during adolescence and adulthood had a lower incidence of pre-menopausal breast cancer.



**CRUCIFEROUS VEGETABLES** like broccoli, cabbage, and kale contain sulforaphane, a compound that may keep breast cancer cells from spreading.

**CARROTS** are orange thanks to carotenoids. Two or more daily servings of carotenoid-rich foods has been shown to lower breast cancer risk in pre-menopausal women.

**WHOLE GRAINS** may protect against breast cancer in two ways: They're rich in phytoestrogens, a plant compound, and they send less glucose into your system than white flour does.



### MAKING BABIES BY SAMI S. DAVID, M.D. AND JILL BLAKEWAY, M.SC.

The authors of this book—a reproductive endocrinologist and a licensed acupuncturist and board-certified herbalist—

have pooled the best of Western and alternative medicine to help women, including the 9 million who seek fertility treatment in the United States every year, get pregnant as naturally as possible. After helping you identify your “fertility type,” the book offers individualized plans featuring lifestyle, nutrition, and supplement advice.

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THIS

**infantformula.org** Researchers at the University of Cambridge, England, found that women who bottle-feed their babies don't get adequate information about the subject from their health-care providers. This site, affiliated with the International Formula Council, can fill that gap.

ASK THE EXPERT

## How can I help my child learn to swallow medication and vitamins?

Many medications and vitamins for children now come in liquid, chewable, or even sprinkle-able formulations, which helps take the pressure off. But age 8 to 10 is a good time to introduce pill



swallowing. **Start by practicing with candy**, and make a game out of it. Begin with the smallest candy you can find, such as sprinkles. Have your child swallow one with a couple of sips of water, juice, or lemonade. (Sipping through a straw can make the process even easier.) Then move on to Tic-Tacs and so on. As an incentive, promise to reward your child with a small privilege afforded to “grown-up girls and boys” once they can take meds the way that adults do.

*Source: Lisa Kotler, M.D., medical director of the NYU Child Study Center-New Jersey, in Hackensack, NJ*