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Watercress 'can help prevent cancer'

A simple salad could prevent the onset of breast cancer thanks to the health-boosting properties of watercress, scientists have claimed.

By Nick Collins
Published: 7:30AM BST 14 Sep 2010

Comment

Significant health benefits were seen in people who ate just 80g of watercress a day Photo: CLARA MOLDEN

Eating a single portion of watercress is enough to increase the number of cancer-fighting molecules in the bloodstream within hours and could prevent the condition from developing, researchers said.

Watercress could also prevent the recurrence of the disease in recovering breast cancer sufferers, the report from the University of Southampton claimed.

Volunteers who ate 80 grams of watercress per day regularly were noticed to have significant health benefits, according to the pilot study.

In 2007, there were 45,972 new cases of breast cancer diagnosed in the UK, according to Cancer Research UK.

Last week figures showed that breast cancer survival rates in Britain have increased almost ten per cent in a decade.

Between 1995 and 2006 the proportion of women who lived for at least five more years after being diagnosed increased from 73.4 per cent to 81.3 per cent in England.

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EXCLUSIVE

Eat watercress and beat breast cancer

By EMMA MORTON, Health and Science Editor
Published: Today

A HANDFUL of watercress could help prevent breast cancer, a study has shown.

The vitamin-packed salad veg may provide one of the first natural defences against the disease.

Cancer experts found a cereal bowl-sized helping of the superfood triggered changes in blood cells that blocked tumour formation.

The chemical in watercress that makes it taste peppery - phenyethyl isothiocyanate, or PEITC - prevented cell damage. The substance, previously shown to cut cancer risk for smokers, stayed in the blood for days after watercress was eaten.

Experts at the University of Southampton had not initially expected watercress to work so well against breast cancer.

They decided to test it on 12 women with the condition only after watercress solution proved effective against cancer cells in laboratory tests.

The women were each asked to eat 80g packets - the size often sold in supermarkets - and were tested over time.

Professor Graham Packham, who led the two-year study, said: "Our research takes an important step towards understanding the potential health benefits of this crop.

"It shows that eating watercress may interfere with a pathway that has already been tightly linked to cancer development. This is not a cure for cancer but may well help to prevent the disease."

He added: "We need to follow this research with larger scale studies. Understanding the risk factors for cancer is a key goal and studies on diet are an important part of this.

"Relatively little work is being performed in the UK on the links between the foods we eat and cancer development."

Watercress, which is high in vitamin C, zinc and iron, has been shown to fight infections.

Tomatoes have been scientifically proven to reduce the risk of developing tumours in men such as prostate cancer.

Breast cancer hits 45,000 women in the UK every year.

Superfood ... healthy watercress
Philip Hollis

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TESCO WINE by the case

Eating watercress every day could stop breast cancer tumours from growing

By DAILY MAIL REPORTER
Last updated at 10:55 AM on 14th September 2010

Eating watercress every day could help to prevent breast cancer, researchers have found.

The 'super food' can help to 'turn off' a signal in the body and thereby help starve the tumour of essential blood and oxygen, according to experts at the University of Southampton.

The compound that gives watercress a peppery taste has been found to block a protein that allows cancer tumours to grow

The found that volunteers who ate 80 grams of watercress a day, equivalent to a cereal bowl sized helping, had elevated levels of cancer-fighting molecules in their blood within hours of eating the salad leaves.

The research found that the compound, phenylethyl isothiocyanate (PEITC), which gives the salad leaf a peppery taste, is able to interfere with the function of a protein that plays a critical role in cancer development.

As tumours develop they rapidly outgrow their existing blood supply and further development isn't possible until they are able to obtain enough oxygen and nutrients to maintain the growth of cancer cells.

To get past this roadblock, the cancer cells send out signals which cause the surrounding normal tissues to grow new blood vessels into the tumour which then supply oxygen and nutrients.

The protein Hypoxia Inducible Factor (HIF) is at the heart of this process of inducing new blood vessel growth. However, PEITC, of which watercress is the richest natural source, was shown in laboratory tests to have the ability to block the function of HIF.

The research, which was funded by the Watercress Alliance, provides new hope to the 45,000 women diagnosed with breast cancer each year.

THE TIMES OF INDIA | Health
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Watercress helps fight breast cancer

ANI, Sep 14, 2010, 12.16pm IST

Tags: women | watercress | risk | health | cure | breast cancer

Watercress may help fight breast cancer (Thinkstock photos/Getty Images)

Eating a portion of watercress every day could help prevent breast cancer, according to a new research.

Researchers at the University of Southampton say that the vitamin-packed salad veg may provide one of the first natural defences against the disease.

They found that a cereal bowl-sized helping of the superfood triggered changes in blood cells that blocked tumour formation.

The chemical in watercress that makes it taste peppery - phenyethyl isothiocyanate, or PEITC - prevented cell damage.

The substance, previously shown to cut cancer risk for smokers, stayed in the blood for days after watercress was eaten.

Researchers had not initially expected watercress to work so well against breast cancer.

They decided to test it on 12 women with the condition only after watercress solution proved effective against cancer cells in laboratory tests.

The women were each asked to eat 80g packets - the size often sold in supermarkets - and were tested over time.

"Our research takes an important step towards understanding the potential health benefits of this crop," the *Sun* quoted Professor Graham Packham, who led the two-year study, as saying.

"It shows that eating watercress may interfere with a pathway that has already been tightly linked to cancer development. This is not a cure for cancer but may well help to prevent the disease."

He added: "We need to follow this research with larger scale studies. Understanding the risk factors for cancer is a key goal and studies on diet are an important part of this.

Relatively little work is being performed in the UK on the links between the foods we eat and cancer development."

Watercress, which is high in vitamin C, zinc and iron, has been shown to fight infections.

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Can watercress beat cancer?

9:30am Tuesday 14th September 2010

By Melanie Adams »
Health Reporter

IT is the superfood that Brits just cannot get enough of.

People in the UK munch their way through £60m worth of watercress a year – and 90 per cent is grown in Hampshire.

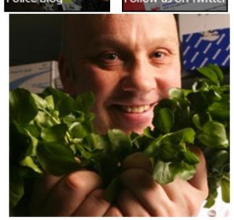
Today Southampton scientists have revealed that the vitamin-rich vegetable has the potential to fight breast cancer.

A trial found that eating just one portion was enough to halt the growth of breast cancer cells.

Now experts say it paves the way for using watercress to help reduce the risk of other types of the killer disease.

Its cancer fighting abilities come from a plant compound which is able to starve tumours of essential blood and oxygen by "turning off" a cancer signal in the body.

The encouraging results from a pilot project, led by Cancer Research UK's Professor Graham Packham at the University of Southampton, is the first step to proving watercress can beat cancer.



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WATERCRESS HELPS IN FIGHT AGAINST BREAST CANCER

Eating watercress every day could help to prevent breast cancer, researchers have found.

The **super food** can help to 'turn off a signal in the body and thereby help **starve the tumour** of essential blood and oxygen, according to experts at the University of Southampton.

According to Cancer Research UK, there were 45,972 new cases of breast cancer diagnosed in 2007. Last week saw an increase in the breast cancer survival rates by almost 10% in a decade.

Rex Features

The new study showed volunteers who ate 80 grams of **watercress** per day, about the equivalent of a cereal bowl size, experienced significant health benefits, increasing the number of **cancer-fighting** molecules in the bloodstream within hours and could prevent it from developing further.

The research found that the compound, phenylethyl isothiocyanate (PEITC), which gives the salad leaf a **peppery taste**, is able to interfere with the function of a protein that plays a critical role in cancer development.

So, ditch the sandwich and grab yourself a nice **watercress salad** for lunch!

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Watercress 'could help fight breast canc[er']

Tuesday, 24th August 2010

Eating a portion of watercress every day could help protect against breast cancer.

Scientists at Southampton University found eating 80g of watercress a day, which is equivalent of one of the recommended five-a-day fruit and veg portions, increased le[vels of] cancer-fighting molecules in the blood within hours of consuming it, reports the UK...

The research, which was reported in the British Journal of Nutrition, was led by Pro[fessor] Graham Packham from the Cancer Research UK centre at the university.

Researchers on the study said the chemicals found in watercress, which are called isothiocyanates, appear to affect the growth of cancer cells.

"This pilot study suggests that dietary intake of watercress may be sufficient to mod[ulate a] potential anti-cancer pathway," the news provider reported the scientists as saying.

Breast cancer is the most common cancer in the UK, according to Cancer Resear[ch UK].

Over the last 25 years, female breast cancer rates have increased by around 50 per...

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Watercress could help fight cancer

14.09.10

A small portion of watercress a day could help prevent breast cancer, a study claimed today.

Scientists at the University of Southampton School of Medicine said it could stop the development of the disease because a compound in the vegetable may "turn off" a signal in the body and starve a tumour of blood it needs to grow.

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Watercress may help fight breast cancer

Published: Tuesday, Sep 14, 2010, 13:59 IST
Place: London | Agency: ANI

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Researchers at the University of Southampton say that the vitamin-packed salad veg may provide one of the first natural defences against the disease.

They found that a cereal bowl-sized helping of the superfood triggered changes in blood cells that blocked tumour formation.

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Watercress, which is high in vitamin C, zinc and iron, has been shown to fight infections.

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