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The impact of *Salvia hispanica* L. enhanced nutrition on breast cancer prevention

The role of nutrition in the management of cancer and its prevention is vital. There are so many important functional components in the daily diet. Dietary supplement have been seen as a relevant breast cancer influencer for many years. Different physiologically functional components are found in our daily nourishment. E.g. fibers have been seen as a unique feature in the treatment of cancer. On the other hand an antioxidant rich diet has been seen as cancer preventing in multiple studies. Until now, there was a research lack on the effect of *Salvia hispanica* L. on breast cancer prevention. First studies on young females are promising that the combination of 60% ω -3 alpha-Linolenic acid (ALA) and 20% ω -6 Linolenic acid, and a high proportion of antioxidants could indeed work as a safeguard on breast cancer.

Biography

Peter Onneken is working as Head of research at the Institute of Diet and Health, Germany. He is a member of the German Society of Orthomolecular Medicine, and the forum of Orthomolecular Medicine. His research interests include: nutrition and health benefits especially in the fields of novel food; the role of novel food in health care and prevention; scientific evidence for so called body and brain hacking nutrition.

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