

2<sup>nd</sup> International Congress on

# RESTORATIVE & ALTERNATIVE MEDICINE

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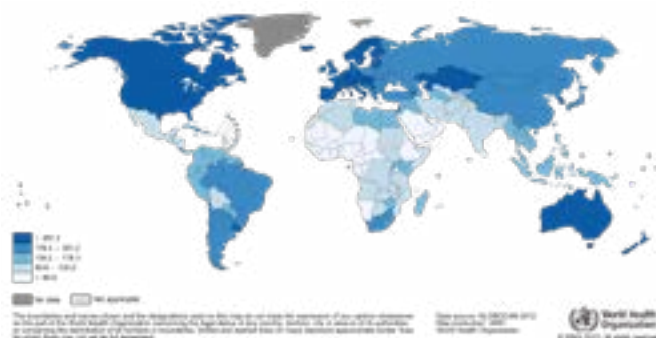


## *Karolina Gruszecka and Aleksandra Cholody*

*Nicolaus Copernicus University, Poland*

### Natural compounds for cancer prevention: A review

The amount of antioxidants you need each day depends on many factors such as age, sex and physiological state. Long-term deficiency of vitamin C and other antioxidants can cause cancer. The association between chronic inflammation and cancer development has been well documented. Many studies suggest that a reduced risk of cancer is associated with high consumption of vegetables and fruits, full of antioxidants and other natural compounds with great health potential. Natural products have been used for the treatment of cancer throughout history. This review focuses on the many natural compounds that may be useful in cancer prevention and that promote human health without side effects. Natural compounds such as antioxidants have great potential in cancer prevention because of their safety, oral bioavailability and low cost.



### Biography

Karolina Gruszecka conducts cancer research as a PhD student and specializes in working with patients with endocrine disorders and fertility problems. She graduated from Nicolaus Copernicus University — Ludwik Rydygier Collegium Medicum in Bydgoszcz with Master's Degree in Dietetics. She also underwent many courses regarding nutrition (dietotherapy, sport nutrition, pregnancy and breast-feeding nutrition, children and adolescent nutrition). The owners of ELITE Bydgoszcz Dietetics, Personal Training and Coaching Center, instructors, local and international conferences lecturers.

Aleksandra Cholody specializes in working with athletes and her portfolio includes Polish 100m Olympic Runner in 2016. She graduated from Nicolaus Copernicus University — Ludwik Rydygier Collegium Medicum in Bydgoszcz with Master's Degree in Dietetics. She also underwent many courses regarding nutrition (dietotherapy, sport nutrition, pregnancy and breast-feeding nutrition, children and adolescent nutrition). The owners of ELITE Bydgoszcz Dietetics, Personal Training and Coaching Center, instructors, local and international conferences lecturers.

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