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Risk Associated With Iron Supplements

Iron is a double-edged sword. If we don't absorb enough, we risk anemia, but if absorb too much we may increase our risk of cancer, heart disease, and a number of inflammatory conditions. Because the human body has no mechanism to rid itself of excess iron, one should choose plant-based (non-heme) sources over which our body has some control.

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Review

Iron, Meat and Health

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#1 Anticancer Vegetable

There are two superfood classes of vegetables most adept at blocking human cancer cell growth in a petri dish.

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