

Amazing Study: Mushrooms Reduce Breast Cancer by 64%

Food and Health March 1, 2016



The ancient Egyptians [believed](#) eating mushrooms brought long life.

While their scientific method was not entirely sound by modern standards, scientists today are investigating the medicinal properties of mushrooms and beginning to see fascinating results.

Researchers from the University of Western Australia in Perth [conducted](#) a study of 2,000 Chinese women. (About half had suffered from breast cancer.)

The scientists reviewed the women's eating habits, and factored out other variables that contribute to cancer, such as being overweight, lack of exercise, and smoking. And they came to a startling finding about mushrooms.

Women who [consumed](#) at least a third of an ounce of fresh mushrooms every day were **64% less likely to develop breast cancer**.

In the study, dried mushrooms had a slightly less protective effect, [reducing](#) the risk by around half. Even more impressive, women who combined eating mushrooms with regular consumption of green tea saw an even greater benefit — they **reduced their breast cancer risk by an astounding 89%**.

Mushrooms are [thought](#) to protect against breast and other hormone-related cancers particularly because they inhibit an enzyme called aromatase, which produces estrogen. Mushrooms are one of the very few foods that inhibit aromatase (pomegranate is another). And several varieties of mushrooms, including the commonly eaten white button and portobello mushrooms, have strong anti-aromatase activity.

But consumption of mushrooms protects against more than hormone-dependent cancers. Mushrooms also contain specialized [lectins](#) that recognize cancer cells, and have been found to **prevent cancer cells from growing and dividing**.

Which mushrooms are best to fight cancer?

Thousands of kinds of mushrooms exist, and our understanding of their cancer-fighting and health-promoting properties is growing rapidly – but it's still in its [infancy](#).

In addition to button mushrooms, white, crimini, shitake, oyster, portabella, maitake, turkey tail, and reishi mushrooms all contain bioactive [compounds](#) with the potential for potent anti-cancer activity.

These mushroom phytochemicals have anti-angiogenic, anti-proliferative, and other anti-cancer effects, which have been [studied](#) so far in relation to stomach, colorectal, breast, and prostate cancers.

Here's a quick video from Food Revolution Summit speaker Dr. Michael Greger about which mushroom is best for cancer prevention: