- Milk / Colorectal cancer



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THE SIP THAT COMBATS COLON CANCER

Reducing your risk of colon cancer could be as easy as drinking a glass of milk every day: In a study in the journal *Nature Communications*, researchers tracked women's dietary habits over 16.6 years and found significantly lower odds of colorectal cancer among those who sipped 200 mg (about 6 oz.) of milk daily. Credit goes to the calcium in milk, which binds to potential cancer causers in the intestines so they can be eliminated by the body.