

Study: Cut the Carbs, Breathe Easier

Want to reduce your chance of getting lung cancer? Perhaps you should put down that bagel.

New Research from the University of Texas found that people who had diets high in carbohydrates could raise their chances of lung cancer by nearly 50 percent.

The *London Daily Mail* reports the theory is that these diets increase certain hormones in the body, and those in turn increase the risk of lung cancer.

“We observed a 49 percent increased risk of lung cancer among subjects with the highest daily GI (glycemic index) compared to those with the lowest daily GI,” said the lead study author Dr. Stephanie Melkonian to the *London Daily Mail*.

The study authors say foods with lower glycemic indexes are better for you. Examples of these are pumpernickel bread, and rolled or steel-cut oatmeal.

For the entire story, watch this video here.

For the original article, visit .