



A New You Ministry

"Revealing God's Way To A New Life"

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Causes of Cancer and Remedies

"There is overwhelming evidence that cancer is related to the environment and diet is a factor, perhaps the major environmental factor." Dr.D.M.Hegsted-Harvard University.

"30% of cancer in women and 40% of cancer in men are the result of a poor diet." G. O. Gory MD-Institute of Health

"One thing for certain: Lifestyle, not heredity, most influences our chances of avoiding some common forms of cancer." THE HEALING FOODS pg.94.

Drinking alcohol can up your risk of cancers of the upper and lower digestive tract, liver, prostate, breast and colon. If you're a smoker, the combination of drinking and heavy smoking can

*make you 43 times more likely to develop throat cancer and 135 times more apt to get nasal cancer. --
---International Agency for Research on Cancer-Lyon France.*

Researchers at University of Oklahoma found that men who drank 5 or more beers a day had double the risk for rectal cancer.

Gayle Page of the University of California at Los Angeles did a study on binge drinking. She found that a lot of alcohol at one time can stimulate cancer to spread by depressing the immune system. Even just a few episodes of intoxication or one binge appeared sufficient to promote tumor progression.

Caffeine has also been linked to cancer, as well as birth defects and heart disease. How to be Your Own Nutritionist. pg.123

A study on Norwegian men who ate the most processed meat had the highest rates of colon cancer. In a 14 year study of Swedish men, meat (beef and lamb) was the only food linked to higher rates of colon cancer.

Another study done of 90,000 women, directed by Walter Willet, MD of the Harvard School of Public Health. The study declared no amount of red meat was safe when it comes to colon cancer. The women who ate a main dish of meat daily were 250% more apt to develop colon cancer. However the women who ate red meat infrequently-once a month-were still 40% more apt to get colon cancer than those who ate red meat less than once a month.

"Heavy meat eaters are more vulnerable to cancers of the pancreas, colon, lung and breast. The risk jumps even higher if you smoke and do not eat green and yellow vegetables every day." Takesh Hirayama Institute of Preventive Oncology, Tokyo, Japan.

"If you step back and look at the data (on colon cancer), the optimum amount of red meat you eat should be zero!" Dr. Walter Willett, MD Harvard researcher.

"Meat contains 14 times more pesticides than vegetable foods." Kay S. Nelson, MPH. Vegetarianism pg.1.

Pork also contains a worm called trichina and if it gets into the system, the disease trichinosis results. There is no test for trichinosis and there is no known cure. You may cook the meat thoroughly to kill the worms, but the dead worms are still there! (If disease, illness or other things can "trigger" cancer, why take a chance?)

"In contrast (to red meat), fish and chicken seemed to stave off colon cancer. Eating fish 2-4 times a week reduced colon cancer chances by 25%. Eating skinless chicken every day pushed down the risk 50%." Dr. Walter Willett, MD. Harvard researcher.

What's the best way to cook our chicken and fish? *"By micro waving, stewing, boiling or poaching."* Richard H. Adamson, Ph.D National Cancer Institute.

Frying, grilling and broiling and barbecuing meats at searing temperatures produce loads of the cancerous agents. The worst are grilling and barbecuing, in which the temperatures rise rapidly and very high. Oven roasting and baking give a slow rise to heat.

(Eating a 1 pound barbecued steak is like sitting down and smoking 600 cigarettes!!!)

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## **CANCER PROTECTION DIET**

- Whole grains-wheat, barley, oats, rye, etc.
- Leafy green vegetables, carrots, potatoes, beets, corn, etc.
- Fresh fruits, dried fruits, etc.
- Nuts, seeds, beans, etc.

Diet is now considered a major weapon against cancer! The National Cancer Institute says about 1/3 of all cancers are linked to diet.

Full-fledged cancer is a long time happening. That means you have years in which to starve or feed a potential cancer. Some chemicals must be "activated" before they can initiate cancer; food can block that. Antioxidant food substances can snuff out carcinogens and even repair some of their cellular damage. Even after the cells have massed into benign structures that can grow into dangerous tumors, food compounds can intervene to stop further growth and actually shrink the patches or pre cancerous cells! **Food Your Miracle Medicine pg 204.**

## **SO WHAT KINDS OF FOODS CAN FIGHT CANCER CELLS?**

- *Lung cancer:* Carrots, and green leafy vegetables.
- *Colon cancer:* Cruciferous veges (broccoli, cauliflower, etc.) and carrots.
- *Esophageal, oral and pharyngeal cancers:* Fruit.
- *Laryngeal cancer:* Fruit and vegetables.
- *Stomach cancer:* Fruits, lettuce, onions, tomatoes, celery, squash, especially raw!
- *Pancreatic cancer:* Fruits and vegetables.

- *Thyroid cancer:* Cruciferous vegetables.
- *Breast cancer:* Cruciferous vegetables, fish, beans, fruit.

"A diet relatively high in beta carotene may reduce the risk of lung cancer even among those persons who have smoked for many years." Richard Shekelle, Ph.D. University of Texas, Houston.

## **THERE ARE MANY FOODS GOOD FOR THE FIGHT OF CANCER AND THE PREVENTION OF IT**

### **(From "Food Your Miracle Medicine)**

- *Garlic and Onions:* More than 30 different enemies of carcinogens have been identified in garlic and onions. pg. 207 Russian researchers have reported that garlic inhibited the growth of tumors, or even prevented their formation in laboratory animals.
- *Fish Oils:* Helps to block new attachments of tumor cells, helps to shrink tumors. pg. 218
- *Beta Carotene:* Actually changes into a substance called retinoic acid, that fights cancer. pg. 217
- *Dark green Leafy Vegetables:* The darker the green the more carotenoids they have that fight cancer. pg. 209
- *Tomatoes:* Are very high in lycopene that fights cancer. Can also be found in watermelon. pg. 208
- *Citrus Fruits:* A total anticancer package, they have 5 substances that fight cancer. pg. 210
- *Oils to cook with:* Olive oil is the best, it helps to counteract cancer. However corn oil sends cancer rates zooming in those exposed to carcinogens. pg.214

Other studies done on olive oil find that people who use olive oil in their diets have the lowest risk of cancer.

"The more fruits and vegetables people eat, the less likely they are to get cancer, from colon and stomach cancer to breast and even lung cancer. For many cancers, persons with high fruit and vegetable intake have about half the risk of people with low intakes." Dr. Peter Greenwald, Director of the Division of Cancer Prevention and Control (National Cancer Institute).

## **WHAT IF YOU ALREADY HAVE CANCER?? WHAT CAN HELP?**

### ***Foods That May Block the Spread of Cancer:***

- *Fish oil--Cabbage, greens, other cruciferous vegetables--Garlic-- onions--Beta carotene in deep orange and deep green veges.*
- *Top Fruit and Vegetable Cancer Fighters----Garlic, cabbage, licorice, soybeans, ginger. Carrots, celery, parsnips, onions, turmeric, citrus fruits, whole wheat, flax seeds, brown rice. Tomato, eggplant, peppers, broccoli, cauliflower, Brussels sprouts, oats, mint, oregano. Cucumber, rosemary, sage, potato, thyme, chives, cantaloupe, basil, tarragon, barley, berries.*

## **SO WHAT DO WE DO?**

- Increase fiber intake.
- Lower fat intake.
- Eat more "cruciferous" veges.
- Eat foods high in Vitamins A and C.
- Bake, boil or microwave meats instead of barbecuing or frying.
- Avoid alcohol.
- Avoid tobacco of any form.