

What do we really know about Cancer?



Cancer can be most simply described as cellular rebellion. Cells that proliferate, refuse to die, and which steal from and fight against the healthy cells in our bodies. All the cells in our bodies can be classified as originating from ectoderm (outside), endoderm (inside), or mesoderm (middle) cells during embryonic development.

Recognizing this origin helps us more easily group and understand the similarities between the many different cancer types.

During the beginning stage of cancer, tumors are often too small to detect and absent symptoms, the current technology is often unable to diagnose the cancer. The cancer can be hidden for nearly a decade until which time the cancer cell has already reproduced ten times and grown to almost 1 centimeter in diameter. Generally, only then can the cancer cell be detected and considered to be early stage. However, to grow from one centimeter to reach a detrimental stage might only take a few years. When the tumor is commonly found, it has reached Stage III/IV and is considered late stage. As a result, a regular check up is definitely not prevention, but just early detection. The best way to achieve a higher cancer cure rate, is to prevent cancer formation in the first place.

Research reveals that 80 to 90% of cancers are environmentally related with diet responsible for 35% of these cancers. Changing diet and life style is the most important way to reduce cancer risk and can be summed up by the following principles: 1) ensure sufficient nutrient intake, 2) supplement with nutrients that prevent cancer

1). Unbalanced nutrient intake can cause cell dysformation and cell dysfunction.

Too much of some foods or not enough of the right nutrients can affect cancer cell growth. For example, a high fat diet correlates with higher rates of colon cancer, and breast cancer patients have low levels of the trace mineral selenium.

Chart 1

Common Diet Related to Cancer Types.

Diet	Related Cancer
Excessive intake of these can cause cancer	
High fat food	Prostate, breast, uterine, skin, ovarian, gallbladder cancer.
Pickled food	Esophageal, nasal cancer
Smoked food	Gastric, epithelial cell cancer
Alcohol and food additives	Liver cancer
Chinese medicine	Urinary epithelial cell cancer (kidney cancer)
Insufficient intake of these can increase cancer risk	
Fruits & vegetables (Vitamin A, C, E, β -carotenoid & Folic Acid)	Pancreatic, colon, lung, gastric, esophageal, oral, liver, prostate, ovarian, cervical cancer
Selenium	Breast, ovarian cancer

2). Sufficient intake of cancer preventing nutrients

Research data continues to show that natural food contains lots of cancer preventing ingredients; whether whole food or supplements. The superiority of the "natural" form of food, raw materials, and nutrients over synthetic nutrients can be clearly demonstrated. [ex. Fish oil and Styrofoam test] Taking sufficient amounts of natural nutrients is necessary to ensure adequate amounts of bioavailable nutrients at the cellular level. Consult with your dietitian or other health professional to personalize your nutrient plan.

Chart 2

Common Nutrients Able to Prevent Cancers.

Nutrients	Function
Probiotic, Prebiotic	Maintain gastric mucosal integrity, lower GI related cancer.
Calcium, Vitamin D3	Reduce intestinal absorption of carcinogens, reduce colon cancer
Fish Oil (EPA , DHA)	Anti-inflammatory, prevents healthy cells from becoming carcinogenic.
Selenium (yeast form)	Prevents female related cancers, (breast, ovarian, uterine)
Antioxidants	Reduce free radical accumulation, prevent cancer formation
Herbs	Improve liver function and metabolism, prevent toxin accumulation
Co-Enzyme Q10	Provide oxygen, prevent cancer formation