

Natural Remedies for Cancer

Cancer is perhaps the most feared of all diseases. Unlike the other killer diseases, cancer usually causes a slow death involving pain, suffering, mental anguish, and a feeling of hopelessness. It is the second most common cause of death in the United States and will affect one out of three Americans during his or her lifetime. All over the world, the number of new cancer cases has been increasing over the past nine decades.

Since 1971, when President Nixon declared war on cancer in the U.S., tens of billions of dollars have been invested over the years in cancer research. Approximately \$80 billion is spent on cancer treatment each year for direct health costs and lost productivity. Despite this enormous effort to combat cancer, the number of new cases of nearly every form of cancer has increased annually over the last century around the world and in the United States. Still worse from 1930 to the present despite the introduction of radiation therapy, chemotherapy, and immunotherapy; despite CT scans and MRI scans, and all other new medical technology lifespans for almost every form of adult cancer, except cervical and lung cancer, have remained constant, which means there has been no significant progress in cancer treatment. And worse yet, perhaps even deceptively so, is the unrealistic goal set by the National Cancer Institute and the American Cancer Society of a 50 percent reduction in cancer mortality by the year 2,000.¹

In the past 25 years, the National Cancer Institute has personally invested \$29 billion in the war on cancer. Despite all their efforts to find a cure, this year alone 555,000 Americans are expected to die of cancer 215,000 more than in 1971. Current trends suggest that cancer might overtake heart disease as the No. 1 killer by the year 2,000.² While a cure remains elusive, the biggest step in the direction of prevention has come in the last 10 years, with well over 100 studies indicating that diet is related in some ways to all types of cancers. Second only to giving up smoking, diet is probably the most important area where we can make a critical difference in preventing cancer, says Tim Byers, professor of preventative medicine at the University of Colorado School of Medicine in Denver. How big a difference? For several leading forms of the disease, a careful diet can cut the risk in half, he says. In fact, nearly 35 percent of all cancers are now thought to be linked directly to diet.³

After collating the existing cancer data, Charles B. Simone, M.D., found that 80 to 90 percent of all cancers are produced as a result of dietary and nutritional practices, smoking, alcohol, sedentary life, stress, hormones, chemicals, or other environmental factors. This information has been corroborated by all the major U.S. agencies: National Academy of Sciences, National Cancer Institute, and the U.S. Department of Health and Human Services. Diet and nutrition appear to be factors in 60 percent of women's cancers and 40 percent in men's cancers, as well as 75 percent of cardiovascular disease.⁴

REDUCING YOUR RISK

Some items on your plate increase your risk for cancer. Others keep it from developing, or from even starting in the first place. Let us look at how diet can affect four leading causes of cancer:

LUNG CANCER

Smoking remains the leading cause of lung cancer around the world, accounting for an estimated 85 percent of all cases of the disease. Rates of lung cancer in women have increased from 13,686 cases in 1971 to 64,300 cases in 1996 because of an increase of smoking among women. Cigar smoking is now becoming trendy among the female population.

The Diet Connection:

Certainly quitting smoking is the first step to be taken in preventing lung cancer. Several studies in Europe in the last five years suggest that a diet rich in vitamin E, vitamin C, and carotenoid- containing foods may help reduce the risk. Last year, scientists at the American Health Foundation identified a compound in watercress that blocks cancer-activating enzymes in the body. In animal studies, the compound has also been shown to slow the growth of lung tumors.⁵ How much watercress have you eaten in the past 5 years?

Our Recommendations:

If you haven't already done so, quit smoking now! Protect your lungs by avoiding harmful chemicals (paints, hairsprays, second-hand smoke) and by eating plenty of antioxidant- rich, fresh, organic fruits and vegetables filled with carotenoids such as carrots, cantaloupes, sweet potatoes, and vitamin C-rich foods, with perhaps a serving of watercress on the side. Avoid all animal fat, since it has been directly linked to lung cancer, and get plenty of exercise in the fresh air. Eat a vegetarian diet, and include fresh organic juices as part of your daily regimen.

PROSTATE CANCER

Prostate cancer currently kills 41,000 American males a year, making it the second leading killer behind lung cancer among men. The number of deaths from prostate cancer has increased from 17,700 in 1971 to 41,400 in 1996. Today, there is strong evidence that diet and lifestyle play a major role in the disease.

The Diet Connection:

In 1993, researchers at Harvard University found that the fattier the diet, the greater the risk of prostate cancer. The strongest risk seems to be associated with animal fat, specifically from red meat. There is also recently reported evidence, according to Harvard researchers, that men who ate 10 or more servings a week of tomatoes cut their risk of prostate cancer by as much as 45 percent. Even two to four servings a week of tomato sauce promoted a 34 percent reduction. The antioxidant lycopene, a carotenoid cousin of beta carotene, is thought to be responsible.⁶

Our Recommendations:

Eat a low-fat vegetarian diet rich in whole plant foods and free of all animal products that means ice-cream, too! Eat plenty of fresh organic fruits, vegetables, legumes, and grains daily. A diet rich in whole plant foods (preferably organically grown) may offer some protection against prostate cancer due to the presence, in particular, of **minerals** (calcium, magnesium, zinc, selenium, germanium); **vitamins**; **plant pigments** (flavonoids, chlorophyll); **fiber** (especially gel-forming and mucilaginous types); and **sulfur-containing compounds** (onions and garlic) all of which have activity that helps the body deal with toxic chemical and heavy metals. It has also been shown that men with prostate disorders are usually low in the mineral zinc. Nuts and seeds, especially green pumpkin seeds (about 30-50 a day) from Mexico or China, are a good natural source of this key mineral. Nuts and seeds, especially flaxseed, are also excellent sources of essential fatty acids which, like zinc, have shown positive results in the treatment of BPH. In one study, the administration of a mixture of essential fatty acids to nineteen subjects with BPH showed a reduction in the amount of residual urine in the bladder. These effects seem to be due to the correction of an underlying essential fatty acid deficiency.⁷ In a study of men of Japanese ancestry, it was observed that an increased consumption of rice and tofu were both associated with a decreased risk of prostate cancer.⁸ An herb called saw palmetto has proven to be more effective than the drug Proscar in the treatment of enlargement of the prostate (benign prostatic hyperplasia, or BPH) and frequent night-time urination. Actually, 160 mg. of saw palmetto extract daily would be an excellent preventative medicine.

COLON CANCER:

Every year, more than 94,000 Americans are diagnosed with colon cancer. It is the third most frequently diagnosed cancer, and is far more prevalent in the U.S. and other developed nations. Colon cancer, like most other cancers, is on the increase.

The Diet Connection:

Could the fast food restaurants, like Burger King, with their nutritious 60 percent fat *Whoppers*, with little fiber, be one cause of the increase? Evidence points to the high-fat, low fiber intake typical of the Western diets as the cause. A prospective study of 90,000 middle-aged women in Boston recently confirmed the important role of meat consumption in the development of colon cancer. The risk of colon cancer in women who ate beef, pork, or lamb as a main dish every day was found to be two and a half times greater than for women who consumed those meats less than once a month. ⁹ High fiber foods like legumes, fruits, and vegetables, on the other hand, help speed potential carcinogens out of the system, reducing the risk of colon cancer. In a 1992 study at Harvard Medical School, men who consumed about 30 grams of fiber per day were half as likely to develop early signs of colon cancer as men who consumed only about 12 grams per day. Saturated fat and refined sugar may also raise the risk by increasing production of insulin, which, in turn, boosts tumor cell growth, while alcohol consumption may account for 15 percent of colon cancers.¹⁰ Saxon Graham, of the Roswell Memorial Cancer Institute in Buffalo, New York, showed that the risk of colon cancer was twice as high in those who ate

vegetables less than 5 times a week compared to those who ate vegetables at least 2 times a day. Furthermore, for those eating cabbage no more than once a month, the risk of colon cancer was three times greater than those who consumed cabbage at least once a week.¹¹

Our Recommendations:

Eat plenty of fiber-rich, whole plant foods such as vegetables (especially green leafy ones), fruits, whole grains, and legumes (especially beans). Avoid refined foods, such as white rice, white sugar, white flour, and white bread. These foods contain little, if any, fiber. The same advice applies to animal foods like meat, fish, chicken, and dairy products. Remember the word processed means destroyed food. Use very little salt (and only in cooking), and avoid very pungent spices that can be irritating to the lining of your stomach and colon. Also, avoid fried and greasy foods and all caffeinated beverages. It would be a good idea to detoxify your bowel periodically with a good psyllium husk/herbal cleansing, to drink plenty of pure water, and get sufficient exercise at least 4-6 days a week.

BREAST CANCER:

More than 185,000 women will be diagnosed with breast cancer this year, and some 44,000 will die of the disease. While heredity may play a small role in determining risk (about 10 percent), diet appears to be the important factor. Breast cancer is one of the fastest growing cancers among women, just as prostate cancer is among men.

The Diet Connection:

Countries where diets are low in fat typically have low rates of breast cancer, suggesting that high intakes of fat increase the risk. The reason is that fat cells produce estrogen, which is thought to stimulate both breast and ovarian cancer cells. Therefore, the amount of fat you eat can increase the amount of estrogen produced by your body, thus feeding the cancer cells.

Our Recommendations:

A diet abundant in fruits and vegetables contain vitamin A and beta carotene and other antioxidants, phytochemicals, and fiber, which may lower breast cancer risk. Consuming no animal sources of protein (beef, chicken, dairy products, etc.), and substituting more plant proteins, such as soy products, may also offer some protection. About half of the Seventh-day Adventists in the United States follow a vegetarian diet, and most do not eat any pork. Their breast cancer mortality is one-half to two-thirds the breast cancer mortality seen in the U.S. population in general.¹² Avoid animal fats, and be careful with the vegetable fats as well. If you must have a little oil, olive oil is a more stable form of oil than others, as well as one of the best choices. Women who consumed traditional Mediterranean diets, with olive oil as the primary source of fat, have lower rates of breast cancer than women in countries who consume comparable levels of total fat, but more saturated fat. Flaxseed oil has also been shown to inhibit tumor growth, but only buy oil that has

been cold- processed in an oxygen-free environment and keep it in the refrigerator. Be careful of which deodorant you apply under your arm (many lymph nodes are under your arm), and the chemicals applied to your skin via make-up. Commercial deodorants and make-up are filled with toxic chemicals that can poison your blood and liver. Read labels! I have seen women recover from breast cancer by following a strict detoxification program while nourishing their bodies with fresh, organic juices, and green drinks. Antioxidants are critical for preventing cancer and may also assist those who already have it. Essiac tea and the Hoxsey formula have been used by cancer victims with some success. If considering surgery, choose a lumpectomy only. Remember, overall lifestyle is your greatest defense. Follow "**GOD'S PLAN**" - **G**odly trust, **O**pen air, **D**aily exercise, **S**unshine, **P**lenty of rest, **L**ots of water, **A**bstemiousness, and **N**utrition.

In conclusion, a Cornell University team recently completed one of the largest epidemiological studies, involving 6,500 Chinese for a period of 6 years. Some refer to this study as the "grand prix" of diet studies. Some of their findings included the following:

- Chinese consumed 20 percent more calories than Americans, but are less obese.
- Chinese eat one-third of the fat Americans eat.
- Americans eat 33 percent more protein than Chinese; 70 percent of this protein is from animals, compared to only 7 percent coming from animals for the Chinese.
- Chinese consume three times the amount of fiber that Americans eat—33 grams versus 10 grams.
- Chinese women have low rates of breast cancer. High dietary fats, protein, and calories promote early menarche (onset of menstruation), which is associated with higher breast cancer rates. Chinese women start menstruating three to six years later than Americans.
- Osteoporosis is uncommon in China. Chinese do not consume dairy products, but rather get all their calcium from vegetables. They consume half as much calcium as Americans.¹³
- The cholesterol of the Chinese is approximately 127 mg% and 212 mg% for Americans - an 85 mg% difference.

Never forget the old cliché: "An ounce of prevention is worth a pound of cure." This saying certainly applies to the most dreadful disease -- cancer.