

Eating Away at The Big C



Health Matters

By Kerry Sauser

When it comes to chronic disease, one is so feared that many of us hate to call it by name. Cancer. Even with the advances in cancer treatment over the past few years, a cure has been elusive and people continue to develop the disease at record rates. The American Cancer Society estimates that 1 in 3 of us will develop some form of cancer in our lifetime. That's frightening if you don't know the reasons why. The fear can make us to stick our heads in the sand, instead of taking strong action to prevent, slow or stop cancer now.

Cancer can arise in any organ or tissue in the body, but the majority of cancers (there are over 150 forms) occur in tissues that come in contact with the environment or that contain actively dividing cells (lungs, large intestine, breasts). In both instances, the cellular DNA (the genetic "controller" of cell growth) is more exposed to substances that can cause DNA mutations (damage). These mutations cause what most people consider the hallmark of cancer—out of control cell growth that results in tumors.

Before that uncontrolled growth, however, there is something else. Pre-cancer cells go through two developmental stages. These stages must occur for any type of cancer to manifest. In the first stage, cells are initiated by events that occur when DNA is altered by

exposure to chemicals, virus or radiation (toxins). A person can also inherit initiated cells. Though initiated cells are predisposed to cancer, they remain dormant until they are activated or promoted. Promoters can be natural or carcinogenic substances that cause the initiated cells (with damaged DNA) to replicate—often at an uncontrolled rate. Here is the important part: If either initiation or promotion is prevented, cancer will be prevented.

Wonderfully, nature has provided us with some of the most powerful antidotes to initiation and promotion on earth. A staggering amount of scientific data from the last three decades has shown that some foods can effectively inhibit these two developmental stages of cancer at a cellular level and prevent its growth. Fruits and vegetables, whole grains, raw nuts, and seeds all contain natural agents called phytochemicals which are extremely effective at this task. J. Robert Hatherhill, PhD, in his book titled *Eat to Beat Cancer*, identifies the following 8 "super food" groups:

Onion Group—onion, garlic, asparagus.

Cuciferous Group—broccoli, cabbage, kale, cauliflower

Nuts & Seeds Group—pumpkin seeds, sesame seeds, walnuts

Grasses Group—corn, oats, rice, wheat

Legumes Group—soybeans, green and wax beans, peas

Fruit Group—citrus fruits, berries

Solanace Group—tomatoes, potatoes

Umbelliferotis Group—carrots, celery

According to Hatherhill, consuming foods in all 8 groups "is like putting on a sturdy suit of anti-cancer armor...Each part of the armor provides an exclusive form

of defense that is not duplicated by other segments, and the whole is greater than the sum of its parts."

To better understand the importance of the super groups, consider just a few of their benefits. Vegetables like cabbage and kale (Cuciferous Group) contain a compound called indole-3-carbinol (I3C). I3C has been shown to effectively reduce the risk of estrogen sensitive cancers by improving the ratio of "good" cancer-inhibiting estrogen (2OHE1) to "bad" cancer-causing estrogen (16-a-OHE1). Onions block formation of nitrosamine, a carcinogenic compound and they contain quercetin, a powerful anti-oxidant that neutralizes cancer-initiating substances in the body. Nuts and seeds contain protease inhibitors—protease being a specialized protein that tumor cells require to invade other parts of the body. Citrus fruit contains cancer curbing compounds that include citrus oils, glutathione, folic acid and vitamin C.

You get the idea. Good food can truly be effective medicine—especially when consumed within the 20-year period it normally takes for cancer to manifest. Keep in mind, however, that not all foods have Super 8 benefits, and that processing, refining, or overcooking Super 8 foods can destroy their anti-cancer attributes. When possible, eat foods from the Super 8 raw first, then frozen, then canned to get the highest levels of phytonutrients.

And while we are talking about the power of foods, keep in mind that certain foods can actually support cancer. Avoid cancer triggers like:

Processed Sugar. Consider this: "Cancer, above all other diseases, has countless secondary causes. But, even for cancer, there is

only one prime cause. Summarized in a few words, the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar."—1931 Nobel Prize winner, Dr. Otto H. Warburg

Cancer feeds on sugar. Don't give it what it likes.

Food containing cancer causing toxins. Additives and preservatives in processed foods, GMO (genetically modified) foods, radiated foods and foods treated with pesticides or other chemicals are potentially harmful. Eat whole and organic foods whenever possible to avoid dangerous substances.

Carcinogens created by charring meats or overheating oils when you cook.

Toxic Food Packaging, particularly BPA's found in certain plastics and the linings of canned food.

Don't let fear stop you from using all your options against cancer. Start early in a course of action and protect yourself with the powerful and delicious allies of the Super 8!

Until next month...Heal well, be well...naturally!

K.S.

(Dr. Kerry Sauser, ARNP, ND, PhD, practices functional health care at the Natural Health Center in Atlantic. Her offices are located in the Complementary Care Center at the corner of 2nd and Linn Street. The CCC is open to the public and hosts a natural food store, and health care services including, massage, Ortho-Bionomy, digital thermography, reflexology, hypnosis, acupuncture and far-infrared sauna therapy.)