

## **NUTRITION FOR CANCER**

Cancer is one of the most feared diseases and rightfully so. It is the leading cause of premature Deaths.

Cancer is a disease that starts in our cells. Our bodies are made up of millions of cells grouped together to form tissues or organs, such as muscles, skin, bones, and organs. Cancer occurs when there is an abnormal growth of cells, which can form lumps or tumours, or can spread through the bloodstream and lymphatic system to other parts of the body. Tumours can be either benign (non-cancerous) or malignant (cancerous). Benign tumour cells stay in one place in the body and are not usually life-threatening.

Malignant tumour cells are able to spread to invade nearby tissues and other parts of the body, which is a process called metastasis. When a malignant tumour spreads, it often causes swelling of nearby lymph nodes. Finding cancer early and getting treatment before it spreads can greatly help improve your chances of survival.

### **Cancer Causing Factors**

- Free radical damage,
- Genetics,
- diet, and lifestyle,
- Family history, only about 5–10 percent of cancers are attributed to faulty genes. Having a family history

### **Signs or Symptoms of Cancer**

- A lump or area of swelling under the skin or bloating in pelvic area
- A mole that is asymmetrical, has an irregular border, is dark in colour, or grows in size or thickness
- Change in bowel or bladder habits
- Diffi culty swallowing, upset stomach, nausea, or vomiting
- Persistent cough, hoarseness, or a cough that brings up blood
- Persistent low-grade fever
- Rectal bleeding or blood in the urine or stool
- Recurrent infections or wounds that do not heal
- Unexplained pain, especially in the bones, breasts, or pelvic area
- Unexplained vaginal discharge or bleeding
- Unexplained weight loss and loss of appetite

- Unusual fatigue, headaches
- Becoming sexually active at a young age or having multiple partners increases the risk of cervical cancer.
- Exposure to environmental toxins such as tobacco, pollution, asbestos, heavy metals (arsenic, lead, nickel), and radiation (X-rays), and handling of petroleum products.

Smoking is responsible for 30 percent of all cancer deaths.

Chlorinated drinking water increases the risk of bladder cancer.

Some substances used in pesticides are classified as known, probable, or possible carcinogens.

- Excessive sun exposure or sunburn during childhood increases the risk of skin cancer.
- Genetics: Family history of cancer increases risk.
- Heavy alcohol consumption increases risk.
- High insulin levels (hyperinsulinemia) and insulin resistance increase risk.
- High intake of saturated fat, trans fats, and high-glycemic foods (refined starches and sugar); low intake of fibre; consumption of pesticides, food additives; nutritional deficiencies (lack of antioxidants) increase risk.
- Lack of exercise increases your risk of several types of cancer.
- Obesity increases risk of breast, endometrial, cervical, ovarian, and gallbladder cancer for women and colon and prostate cancer for men.
- Poor liver function can increase risk. The liver plays a key role in removing toxins.
- Stress hampers immune function and may increase the risk of cancer (particularly breast cancer). Stress may also worsen recovery in those with cancer.
- Use of the hormones estrogen and progestin (HRT) increase the risk of breast cancer; risk is greatest with higher dosages for long periods of time (longer than five years).
- Weakened immune function, exposure to viruses and fungal infections increase risk.

## **Treatment**

The treatment of cancer depends on the location, stage of cancer, existing health status, and many other factors. Today there are numerous options for medical treatment including chemotherapy, radiation, surgery, and hormone therapy.

There are a variety of important screening tests that can help in the early detection of cancer, such as:

- Breast self-exams, mammograms, and thermography scans
- Digital rectal exams
- Pap test (for cervical cancer) and pelvic exam
- Prostate exam and PSA test

- Skin exam
- Testicular exams

Numerous studies have shown that good nutrition and various lifestyle measures can significantly reduce the risk of cancer. For those who have cancer, a good nutritional program can help prevent weight loss, aid digestion, support immune function, and boost energy levels. Supplements can also play an important supportive role.

## **Dietary Recommendations**

### **Foods to include:**

- Boost fibre intake: aim for 25–30 g daily of soluble and insoluble fibre. Eat 2 tbsps of milled flaxseed every day: it provides fibre and contains compounds that help in the prevention of cancer. Recent research found that it can also slow the growth of prostate cancer.
- Choose healthy fats such as olive oil and flaxseed oil.
- Drink green tea, which is a potent antioxidant, and studies have linked drinking green tea to a lower risk of several cancers.
- Drink lots of purified water.
- Eat cancer-fighting foods such as broccoli, cabbage, cauliflower, Brussels sprouts, kale, tomatoes, garlic, onions, and carrots.
- Eat cancer-fighting herbs and spices like ginger, cayenne, rosemary, oregano, and curcumin.
- Eat lots of vegetables and fruit (10 servings daily). Choose organic produce as much as possible to avoid ingestion of pesticides.
- Eat small, frequent meals, which are easier on digestion and also help improve blood sugar control.
- Fermented soy products (tofu, tempeh and miso) appear to have cancer-fighting properties.
- Ginger tea may be helpful for managing nausea caused by chemotherapy.
- Yogurt and fermented dairy can aid digestion and intestinal function.

Consider doing a detoxification program as best preventive therapy for cancer.

## **EAT PLANT BASED DIET**

Overwhelming evidence from numerous clinical trials indicates that a plant-based diet can reduce the risk of cancer. In 1992, a review of 200 studies showed that cancer risk in people consuming diets high in fruits and vegetables was only one-half that in those consuming few of these foods. It is clear that there are components in a plant-based diet that can reduce cancer risk.

- (*Nutrition and Cancer*, 1992; 18 (1): 1–29). Cancer 155

**Foods to avoid:**

- Reduce intake of saturated fat to less than 10 percent of total calories by limiting animal and dairy products. Avoid trans fats (found in many processed/snack foods and fried foods) completely.
- Avoid preservatives (nitrates and sulphites) and chemical food additives.
- Eating charred meat has been associated with increased risk of breast cancer
- Minimize alcohol, as it is hard on liver and immune function. Heavy drinking increases the risk of cancers of the mouth, esophagus, breast, colorectal, and stomach. If you drink, limit yourself to one or two drinks daily and choose red wine as it contains antioxidants that may offer cancer-protecting properties.
- Minimize eating sugar and refined starches, which quickly raise blood sugar and insulin levels, increasing the risk of insulin resistance, which is associated with increased risk of certain cancers.

**Lifestyle Suggestions**

- Get regular exercise. Aim for one hour of moderate-intensity activity each day, such as walking, cycling, or swimming.
- Don't smoke, and avoid second-hand smoke and highly polluted areas.
- Manage your stress. Try yoga, meditation, and breathing techniques.
- Drink purified water. Several long-term studies have found that drinking chlorinated tap water increases the risk of cancer, particularly bladder cancer.
- Avoid storing food in soft plastic containers. Use glass or hard plastic (which contains high density polyethylene).
- Use stainless steel cookware. All non-stick cookware is made up of a chemical called PTFE (polytetrafluoroethylene). When heated to high temperatures (greater than 572°F), they can create fumes that contain a suspected cancer-causing chemical, tetrafluoroethene-TFE.

**Top Recommended Supplements**

**Ginseng:** Studies have shown benefits for reducing fatigue, nausea and vomiting, and improving well-being in those undergoing cancer treatment. American ginseng has been shown to reduce fatigue in those with breast, lung, colon, and other forms of cancer. It may also increase the effectiveness of treatment for breast cancer.

Panax ginseng has been shown to improve energy and well-being in those with cancer. Regular use of Korean ginseng was found to lower overall cancer risk.

**IP6 (inositol hexaphosphate):** A supplement derived from rice bran. Animal research and preliminary human studies have shown that it has significant anti-

cancer effects. It can help in the prevention of cancer and has growth-regulating effects on various cells and tissues, including those of the colon, breast, and prostate. Dosage: 4–8 g daily.

**Multivitamin/mineral complex:** Ensures that your body gets essential nutrients to support immune function and overall health. Look for a product that provides a full range of nutrients and is free of dyes and artificial chemicals. Dosage: Take daily. Consider extra antioxidants as it is difficult to obtain therapeutic dosages from a multivitamin. Dosages: 200–400 mcg selenium, 400–800 IU vitamin E (natural mixed tocopherols), and 500–2,000 mg vitamin C. Antioxidants may offer benefits for those undergoing chemotherapy.

## **GINSENG AND CANCER**

According to research at Vanderbilt University in Nashville, TN, “Ginseng use after cancer diagnosis, particularly current use, was positively associated with quality of life scores, with the strongest effect in the psychological and social well-being domains.

Additionally, quality of life improved as cumulative ginseng use increased” (*American Journal of Epidemiology*, 2006: 163 (7); 645–653).

**Probiotics:** Replenish friendly bacteria that are depleted by treatment with chemotherapy and antibiotics. Probiotics aid digestion, support immune function and detoxification, and assist in nutrient absorption. They may also help to minimize diarrhea and upset stomach caused by chemotherapy and radiation. Dosage: One billion live cells twice daily.

## **Recommended Pogos Supplements**

CURCUMET, ASTASHINE, NUTREASE

Regular Detoxification of Body with Nudetox+Nutrese helps to prevent cancer.

Nutrese is helpful in cancer patients as it is natural plant based diet.