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ANNIEAPPLESEEDPROJECT

HERE ARE STUDIES THAT HELP EXPLAIN THE VALUE OF NATURAL AND NON-TOXIC SUBSTANCES

11/02 Interviews with Prevention Experts

While the cancer prevention field continues to evolve and move forward, tamoxifen is the only drug approved to lower the risk of cancer. Given what we know today, what do you think is the best strategy for lowering the risk of cancer?

John Milner, Ph.D., chief of the nutrition science research group at NCI's Division of Cancer Prevention: The best strategy for reducing the risk of cancer is to increase fruit and vegetable consumption and decrease total caloric intake. It's not terribly sexy, but that's reality. We have a very high incidence of obesity in this country, so people are not hearing even that simple message.

There are likely going to be cases in which certain foods or food components ought to be consumed in higher quantities. We are probably going to find out that individual needs vary and that certain kinds of food may be needed in higher quantities to reduce risk. That's where we're headed. But we don't know what foods these are, so I think at this point it's wise to eat a variety of foods and enjoy it. Foods should be a pleasure in life.

Peter Greenwald, M.D., Dr. P.H., director of NCI's Division of Cancer Prevention: We know that there are several things that people can do to reduce their chances of getting cancer. One is to keep trim, avoid obesity and get some exercise. We know that weight gain as an adult is associated with postmenopausal breast cancer. We know that obesity is associated with cancer of uterus, gall bladder, probably colon cancer and prostate cancer.

That's quite solid. We also know that people who eat plenty of vegetables and fruits and whole grains have lower cancer rates. The key message is to keep trim and eat plenty of vegetables and fruits. The specific nutrients, vitamins and minerals are still a subject of research. We don't have completely solid, irrefutable evidence.

Source: National Cancer Institute Newscenter

There are hundreds of small (mostly animal and cell culture) studies shown here. Hopefully some of these will be followed by clinical trials using humans.

It is VERY important to tell your medical provider what you are using. If we believe that vitamins, herbs etc. are EFFECTIVE, then interactions need to be considered. Recent discussions in the "Townsend Letter for Doctors and Patients" concerning a July 1999

study in Oncology, are all about how vitamins may interrupt chemotherapy treatments. This is the opposite side of the perspective I follow.

It is The Project's position that antioxidants will prove useful during conventional therapy. Our view is that the preponderance of evidence favors this theory. Relatively few oncologist share this perspective however. Many suggest that a patient cease using vitamins the day before therapy, the day of and the day after. Since vitamins can take weeks or even months to show up in the bloodstream, it is questionable advice. Read this section carefully and make your decision.

But the bottom line is ALWAYS speak to your doctor about EVERYTHING you are doing. You can download studies from this website to show her/him if you wish.

From a press release by the American Institute for Cancer Research (AICR)8/00:

Cheryl Rock, PhD., R.D. said that "researchers are now identifying biomarkers-measurable biological factors that can be used to precisely track and measure dietary change without having to rely on the self-reported food intakes of clinical trial participants".

"One example of a biomarker is the recent discovery that a person's fruit and vegetable intake can be reliably determined by examining the level of carotenoids in his or her blood". These biomarkers can "also help scientists design new research approaches that reflect the real-world influences of diet upon the human body".

From AICR 3/00 Science News:

"Recent single-agent studies have failed to find a link between supplements of individual nutrients (such as fiber, vitamin E or beta-carotene) and risk for heart disease or cancer. Dr. Mariette Gerber of France's National Institute for Medical Research believes that such research methods, which attempt to isolate and examine the effects of a specific nutrient, are too narrowly focused.

In particular, single-agent studies may miss the synergistic effects whereby different nutrients interact to lend increased disease fighting benefits."

In common with The Annie Appleseed Project, Dr. Gerber "believes that the current 'reductionist' trend in science is inherently unable to reflect the complexity of real world diets." Our belief is that a truly valuable study would look at the whole diet of person, their entire intake.

For an outline of information provided on the annieappleseedproject website, see <http://www.annieappleseedproject.org/relstud.html>

Remember we are NOT Doctors and have NO medical training.

This site is like an Encyclopedia - there are many pages, many links on many topics.

Ann Fonfa suggests for VHL:

N-acetyl-cysteine (NAC) promotes anti-angiogenesis

Also green tea instead of coffee

<http://annieappleseedproject.stores.yahoo.net/angreenteaeg.html>

Coriolus versicolor Mushrooms: <http://www.annieappleseedproject.org/polintumcorv.html>

Pharma drug Oltipraz resembles vegetables

<http://annieappleseedproject.stores.yahoo.net/usphardrugth.html>

Brazilian ginseng reduces angiogenesis in mice

<http://annieappleseedproject.stores.yahoo.net/pfpabgireanm.html>

Modified citrus pectin reduces cell growth and metastasis

<http://annieappleseedproject.stores.yahoo.net/redcelgrowmo.html>

Flavinoids and Vitamin E reduce the release of VEGF

<http://annieappleseedproject.stores.yahoo.net/flerereofve.html>

Vitamin D3 inhibits proliferation

<http://annieappleseedproject.stores.yahoo.net/anefofd3min.html>

Cocoa butter or vitamin E rubbed into scars will minimize adhesions and reduce scarring

<http://annieappleseedproject.stores.yahoo.net/tipandtec.html>

Cilantro pesto removes heavy metals from the body

<http://annieappleseedproject.stores.yahoo.net/cilpestoremh.html>

Natural Strategies for Risk Reduction and Prevention

<http://annieappleseedproject.stores.yahoo.net/natstratforc.html>

Avoid paraben in cosmetics and other phytoestrogens in foods

<http://annieappleseedproject.stores.yahoo.net/chemfoodhert.html>

Avoid sodium benzoate preservative and all food colorings

<http://annieappleseedproject.stores.yahoo.net/saofe2bepr.html>

Use a juicer to extract maximum vitamins from fruits and veggies and make them most powerfully available to your body. <http://www.circle-of-life.net/index.html>