

F O O D S T H A T
FIGHT CANCER

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Discover Nourishing Whole Foods and
Superfoods that Fight Cancer



WHOLE FOODS TO FIGHT CANCER

"Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves." John Muir, co-founder of national parks

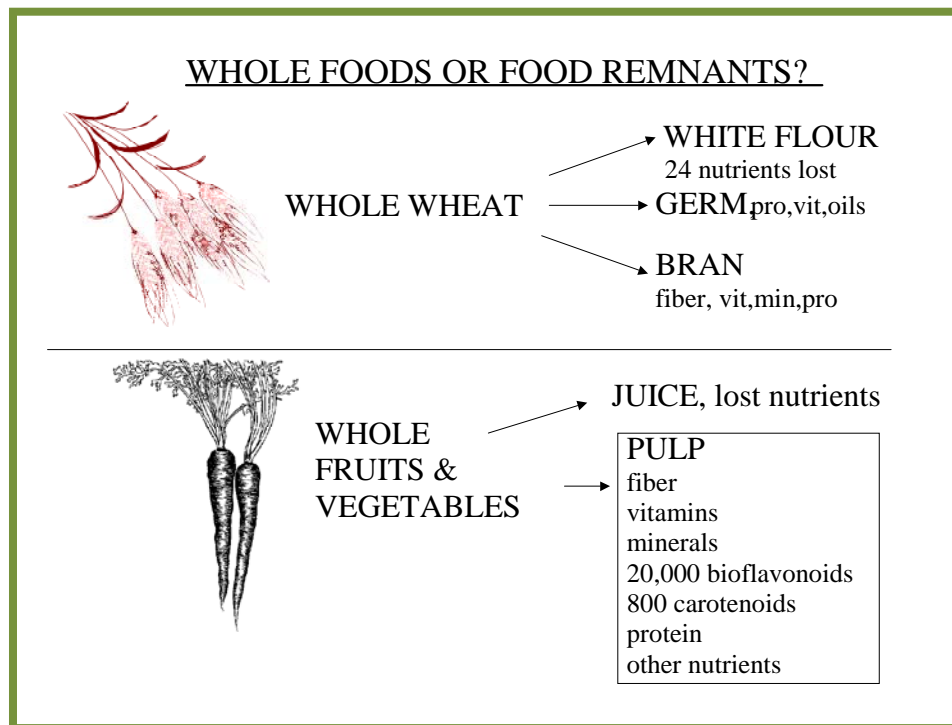


FROM NATURE'S PHARMACY:

You can imagine the surprise of the researchers when they discovered that people who ate more pizza had a lower risk of prostate cancer. The researchers isolated the "active ingredient" as lycopene, which is a red pigment found in tomatoes, watermelon, red grapefruit, papaya, and red peppers. Lycopenes help plants with photosynthesis, or gathering energy from the sun. Lycopenes in humans seem to have an ability to fight oxidation and possibly lower cancer risk and damage to the eyes and other tissue, thus slowing the aging process.¹ Cooking the tomatoes or adding oil (like olive oil) improves bioavailability.²

For the first 5000 years of civilization, humans relied on foods and herbs for medicine. *Only in the past 50 years have we forgotten our medicinal "roots" in favor of patent medicines.* While pharmaceuticals have their value, we should not forget the well-documented, non-toxic and inexpensive healing properties of whole foods.

Whole foods contain an elegant "symphony" of ingredients that we have only begun to appreciate due to the increasing sensitivity of our analytical equipment. The more that we analyze whole foods, the more we stand back with awe.



The following list is but a sampling of the health benefits from whole foods.

For more information see:

- >HEALING POWER OF FOODS by Dr. Michael Murray
- >FOOD: YOUR MIRACLE MEDICINE by Jean Carper
- >HEALING FOODS by Patti Hausman, MS

Nourishing Whole Foods that Fight Cancer



Apple

Lowers cholesterol and risk for cancer. Has mild antibacterial, antiviral, anti-inflammatory, estrogenic activity. High in fiber, helps avoid constipation, suppresses appetite. Juice can cause diarrhea in children.

Asparagus

A super source of the antioxidant, glutathione to lower cancer risk.

Avocado

Benefits circulation, lowers cholesterol, dilates blood vessels. Its main fat, monounsaturated oleic acid (also concentrated in olive oil), acts as an antioxidant to block artery-destroying toxicity of bad-type LDL cholesterol.

One of the richest sources of glutathione, a powerful antioxidant, shown to block thirty different carcinogens and to block proliferation of the AIDS virus in test tube experiments.



Banana and Plantain

Soothes the stomach. Good for dyspepsia (upset stomach). Strengthens the stomach lining against acid and ulcers. Has antibiotic activity.

Barley

Long known as a “heart medicine” in the Middle East. Reduces cholesterol. Has antiviral and anticancer activity. Contains potent antioxidants, including tocotrienols.

Beans

(legumes, including navy, black, kidney, pinto, soy beans and lentils)

Potent medicine in lowering cholesterol. One-half cup of cooked beans daily reduces cholesterol an average 10 percent. Regulates blood sugar levels. An excellent food for diabetics. Linked to lower rates of certain cancers. Very high in fiber. A leading producer of intestinal gas in most people.

Bell Pepper

Rich in antioxidant vitamin C. Helps to fight off colds, asthma, bronchitis, respiratory infections, cataracts, macular degeneration, angina, atherosclerosis and cancer.



Blueberry

Acts as an unusual type antibiotic by blocking attachment of bacteria that cause urinary tract infections. Contains chemicals that curb diarrhea. Also antiviral activity and high in natural aspirin. Contains powerful antioxidants that may protect the back of the eye (retina) from damage, hence preserving healthy vision.

Broccoli

A unique package of versatile disease-fighters. Abundant in antioxidants, including quercetin, glutathione, beta carotene, indoles, vitamin C, lutein, glucarate, sulforaphane.

Extremely high anti-cancer activity, particularly against lung, colon and breast cancers. Like other cruciferous vegetables, it speeds up removal of estrogen from the body, helping suppress breast cancer.



Rich in cholesterol-reducing fiber. Has antiviral, anti-ulcer activity. A super source of chromium that helps regulate insulin and blood sugar. Note: cooking and processing destroys some of the antioxidants and anti-estrogenic agents, such as indoles and glutathione. Most protective when eaten raw or lightly cooked.

Brussels Sprouts

Cruciferous family possesses some of the same powers as broccoli and cabbage. Definitely anti-cancer, estrogenic and packed with various antioxidants and indoles.

Cabbage (including bok choy)

Revered in ancient Rome as a cancer cure. Contains numerous anticancer and antioxidant compounds. Speeds up estrogen metabolism, is thought to help block breast cancer and suppress growth of polyps, a prelude to colon cancer.

Eating cabbage more than once a week cut men's colon cancer odds 66 percent. As little as two daily tablespoons of cooked cabbage protected against stomach cancer. Contains anti-ulcer compounds; cabbage juice helps heal ulcers in humans. Has antibacterial and anti-viral powers. Can cause flatulence in some. Some of these important compounds are destroyed by cooking. Raw cabbage, as in coleslaw, appears to have stronger overall health value.

Carrot

A super source of beta carotene, a powerful anticancer, artery-protecting, immune-boosting, infection-fighting antioxidant with wide protective powers.



A carrot a day slashed stroke rates in women by 68 percent. One medium carrot's worth of beta carotene cuts lung cancer risk in half, even among formerly heavy smokers. High doses of beta carotene, as found in carrots, substantially reduces odds of degenerative eye diseases (cataracts and macular degeneration) as well as chest pain (angina). Carrots' high soluble fiber depresses blood cholesterol, promotes regularity. Cooking can make it easier for the body to absorb beta carotene.

Cauliflower

Cruciferous family member that contains many of the same cancer-fighting, hormone-regulating compounds as its cousins, broccoli and cabbage. Specifically thought to help ward off breast and colon cancers. Eat raw or lightly steamed.

Celery

A traditional Vietnamese remedy for high blood pressure. Celery compounds reduce blood pressure in animals. Comparable human dose: two to four stalks a day. Also has a mild diuretic effect. Contains eight different families of anticancer compounds, such as phthalides and polyacetylenes, that detoxify carcinogens, especially cigarette smoke. Eating celery before or after vigorous exercise can induce mild to serious allergic reactions in some.

Chili Pepper

Helps dissolve blood clots, opens up sinuses and air passages, breaks up mucus in the lungs, acts as an expectorant or decongestant, helps prevent bronchitis, emphysema and stomach ulcers. Most of chili pepper's pharmacological activity is credited to capsaicin (from the Latin "to bite"), the compound that makes the pepper taste hot.



Also a potent painkiller, alleviating headaches when inhaled, and joint pain when injected. Hot paprika made from hot chili peppers is high in natural aspirin. Antibacterial, antioxidant activity. Putting hot chili sauce on food also speeds up metabolism, burning off calories. Chili peppers do not harm the stomach lining or promote ulcers.

Chocolate

Contains chemicals thought to affect neurotransmitters in the brain. Added to milk, chocolate helps counteract lactose intolerance. Chocolate does not seem to raise cholesterol.

Dark chocolate is high in copper and cacao (an antioxidant), which may help ward off cardiovascular disease. May trigger headaches or heartburn in some. Implicated in cystic breast disease. Choose chocolates that are 60% cacao and above.

**Cinnamon**

A strong stimulator of insulin activity, thus potentially helpful for those with Type II diabetes. Mild anticoagulant activity.

Clove

Used to kill the pain of toothache and as an anti-inflammatory against rheumatic diseases. Has anticoagulant effects, (anti-platelet aggregation), and its main ingredient, eugenol, is anti-inflammatory.

Coffee

Most, but not all, of coffee's pharmacological impact comes from its high concentration of caffeine, a psychoactive drug. Caffeine, depending on an individual's biological makeup and peculiar sensitivity, can be a mood elevator and mental energizer.

Improves mental performance in some. An emergency remedy for asthma. Dilates bronchial passages. Mildly addictive. Triggers headaches, anxiety and panic attacks in some. In excess may cause psychiatric disturbances. Promotes insomnia.



Coffee stimulates stomach acid secretion (both caffeinated and decaf).

Can aggravate heartburn. Promotes bowel movements in many, causes diarrhea in others. Caffeine may promote fibrocystic breast disease in some women.

Collard Greens

Full of anticancer, antioxidant compounds, including lutein, vitamin C, beta carotene. In animals blocks the spread of breast cancer. Like other green leafy vegetables, associated with low rates of all cancers.

Corn

Anticancer and antiviral activity, possibly induced by corn's content of protease inhibitors. Has estrogen-boosting capabilities. A very common cause of food intolerance linked to symptoms of rheumatoid arthritis, irritable bowel syndrome, headaches and migraine-related epilepsy in children.

Cranberry

Strong antibiotic properties with unusual abilities to prevent infectious bacteria from sticking to cells lining the bladder and urinary tract. Thus, it helps prevent recurring urinary tract (bladder) infections. Also has antiviral activity.

Date

High in natural aspirin. Has laxative effect. Dried fruits, including dates, are linked to lower rates of certain cancers, especially pancreatic cancer. Contains compounds that may cause headaches in susceptible individuals.

Eggplant

Eggplant substances called glycoalkaloids, made into a topical cream medication, have been used to treat skin cancers such as basal cell carcinoma, according to Australian researchers. Also, eating eggplant may lower blood cholesterol and help counteract some detrimental blood effects of fatty foods. Eggplant also has antibacterial and diuretic properties.

Fenugreek Seeds

A spice common in the Middle East and available in many U.S. food markets. Has anti-diabetic powers. Helps control surges of blood sugar and insulin. Also anti-diarrhea, anti-ulcer, anti-diabetic, anticancer, tends

to lower blood pressure, helps prevent intestinal gas.

Fig

Helps to prevent cancer. Both extract of figs and the fig compound benzaldehyde have helped shrink tumors in humans, according to Japanese tests. Also laxative, anti-ulcer, antibacterial and anti-parasitic powers. Triggers headaches in some people.

Fish and Fish Oil

An ounce a day has been shown to cut risk of heart attacks 50 percent. Oil in fish can relieve symptoms of rheumatoid arthritis, osteoarthritis, asthma, psoriasis, high blood pressure, Raynaud's disease, migraine headaches, ulcerative colitis, possibly multiple sclerosis.

May help ward off strokes. A known anti-inflammatory agent and anticoagulant. Raises good type HDL cholesterol. Lowers triglycerides. Guard against glucose intolerance and Type II diabetes. Some fish are high in antioxidants, such as selenium and Coenzyme Q-10.

Exhibits anticancer activity especially in blocking development of colon cancer and spread of breast cancer. Fish highest in omega-3 fatty acids include sardines, mackerel, herring, salmon, tuna.

Garlic

Used to treat an array of ills since the dawn of civilization. Broad-spectrum antibiotic that combats bacteria, intestinal parasites and viruses. In high doses it has cured encephalitis.

Lowers blood pressure and blood cholesterol, discourages dangerous blood clotting. Two or three cloves a day cut the odds of subsequent heart attacks in half in heart patients.

Contains multiple anticancer compounds and antioxidants and tops the National Cancer Institute's list as a potential cancer-preventive food. Lessens chances of stomach cancer in particular.



A good cold medication. Acts as a decongestant, expectorant, antispasmodic, anti-inflammatory agent. Boosts immune responses. Helps relieve gas, has anti-diarrhea, estrogenic and diuretic activity.

Appears to lift mood and has a mild calming effect. High doses of *raw* garlic (more than three cloves a day) have caused gas, bloating, diarrhea and fever in some. Aged garlic may be better than cooked garlic.

Eat garlic both raw and cooked for all-around insurance.

Ginger

Used to treat nausea, vomiting, headaches, chest congestion, cholera, colds, diarrhea, stomach ache, rheumatism, and nervous diseases. Ginger is a proven anti-nausea, anti-motion sickness remedy that matches or surpasses drugs such as Dramamine. Helps thwart and prevent migraine headaches and osteoarthritis.

Relieves symptoms of rheumatoid arthritis. Acts as an anti-thrombotic and anti-inflammatory agent in humans; is an antibiotic in test tubes (kills salmonella and staph bacteria), and an anti-ulcer agent in animals. Also, has anti-depressant, anti-diarrhea and strong antioxidant activity. High in anticancer activity.

Grape

Rich in antioxidant compounds. Red grapes (but not white or green grapes), are high in antioxidant quercetin. Grape skins contain resveratrol, shown to inhibit blood-platelet clumping (and consequently, blood clot formation) and boost good-type HDL cholesterol. Red grapes are antibacterial and antiviral in test tubes. Grapeseed oil also raises good-type HDL cholesterol.

Grapefruit

The pulp contains a unique pectin (in membranes and juice sacs—not in juice) that lowers blood cholesterol and reverses atherosclerosis (clogged arteries) in animals. Has anticancer activity, and appears particularly protective against stomach and pancreatic cancer. The juice is antiviral. High in various antioxidants, especially vitamin C. Helps with weight loss.

Honey

Strong antibiotic properties. Has sleep-inducing sedative and tranquilizing properties.



Kale

Rich source of various anticancer chemicals. Has more beta carotene than spinach and twice as much lutein, the most of any vegetable tested. Kale is also a member of the cruciferous family, endowing it with anticancer indoles that help regulate estrogen and fight off colon cancer.

***Kiwi Fruit***

Commonly prescribed in Chinese traditional medicine to treat stomach and breast cancer. High in vitamin C.

Licorice

Strong anticancer powers, possibly because of a high concentration of glycyrrhizin. Mice drinking glycyrrhizin dissolved in water have fewer skin cancers.

Also kills bacteria, fights ulcers and diarrhea. May act as a diuretic. Too much licorice can raise blood pressure. Also it is not advised for pregnant women. Only real licorice has these powers. Licorice "candy" sold in the United States is made with anise instead of real licorice. Real licorice says "licorice mass." Imitation licorice is labeled "artificial licorice" or "anise."

Melon (green and yellow, such as cantaloupe and honeydew).

Has anticoagulant (blood-thinning) activity. Contain antioxidant beta carotene.

Milk

Cancer-fighting powers, possibly against colon, lung, stomach and cervical cancers, especially in low-fat milk. One study detected less cancer among low-fat milk drinkers than non-milk drinkers. May help prevent high blood pressure. Skim milk may lower blood cholesterol. Milk fat promotes cancer and heart disease.

Milk is also an unappreciated terror in triggering “allergic” reactions that induce joint pain and symptoms of rheumatoid arthritis, asthma, irritable bowel syndrome and diarrhea. In children and infants milk is suspected to cause or contribute to colic, respiratory problems, sleeplessness, itchy rashes, migraines, epileptic seizures, ear infections and even diabetes. May retard healing of ulcers.

Mushroom (Asian, including shiitake)

A longevity tonic, heart medicine and cancer remedy in Asia. Current tests show mushrooms, such as Maitake, help prevent and/or treat cancer, viral diseases, such as influenza and polio, high blood cholesterol, sticky blood platelets and high blood pressure.

Eaten daily, Maitake or shiitake, fresh (three ounces) or dried (one-third ounce) cut cholesterol by 7 and 12 percent respectively. A shiitake compound, lentinan, is a broad-spectrum antiviral agent that potentiates immune functioning.



Used to treat leukemia in China and breast cancer in Japan. Extract (sulfated B-glucans) has been declared by Japanese scientists more effective as an AIDS drug than the common drug AZT. Eating black (“tree ear”) mushroom “thins the blood.” No therapeutic effects are known for the common U.S. button mushroom. Some claim this species has cancer-causing potential (hydrazides) unless cooked.

Mustard (including horseradish)

Recognized for centuries as a decongestant and expectorant. Helps break up mucus in air passages. A good remedy for congestion caused by colds and sinus problems. Also antibacterial.

Increases metabolism, burning off extra calories. In one British test about three-fifths of a teaspoon of ordinary yellow mustard increased metabolic rate about 25 percent, burning forty-five more calories in three hours.

Nuts

Anticancer and heart-protective properties. A key food among Seventh-Day Adventists, known for their low rates of heart disease. Walnuts and almonds help reduce cholesterol, contain high concentrations of antioxidant oleic acid and monounsaturated fat, similar to that in olive oil, known to protect arteries from damage.

Nuts generally are high in antioxidant vitamin E, shown to protect against chest pain and artery damage. Brazil nuts are extremely rich in selenium, an antioxidant linked to lower rates of heart disease and cancer.

Walnuts contain ellagic acid, an antioxidant and cancer-fighter, and are also high in omega-3 type oil. Nuts, including peanuts, are good regulators of insulin and blood sugar, preventing steep rises, making them good foods for those with glucose intolerance and diabetes. Peanuts also are estrogenic.

Nuts have been found lacking in the diets of those who later develop Parkinson's disease. Prime cause of acute allergic reactions in susceptible individuals.



Oats

Can depress cholesterol 10 percent or more, depending on individual responses. Oats help stabilize blood sugar, have estrogenic and antioxidant activity. They also contain psychoactive compounds that may combat nicotine cravings and have antidepressant powers. High doses can cause gas, abdominal bloating and pain in some.

Olive oil

Lowers bad LDL cholesterol without lowering good HDL cholesterol. Helps keep bad cholesterol from being converted to a toxic or “oxidized” form. Thus, helps protect arteries from plaque. Reduces blood pressure, helps regulate blood sugar. Has potent antioxidant activity. Best oil for kitchen cooking and salads.

Onion (including chives, shallots, scallions, leeks)

Reputed in ancient Mesopotamia to cure virtually everything. An exceptionally strong antioxidant. Full of numerous anticancer agents. Blocks cancer dramatically in animals. The onion is the richest dietary source of quercetin, a potent antioxidant (in shallots, yellow and red onions only—not white onions).

Specifically linked to inhibiting human stomach cancer.

Thins the blood, lowers cholesterol, raises good-type HDL cholesterol (preferred dose: half a raw onion a day), wards off blood clots, fights asthma, chronic bronchitis, hay fever, diabetes, atherosclerosis and infections.

Anti-inflammatory, antibiotic, antiviral, thought to have diverse anticancer powers. Quercetin is also a sedative. Onions aggravate heartburn, may promote gas.

Orange

Natural cancer-inhibitor, includes carotenoids, terpenes and flavonoids. Also rich in antioxidant vitamin C and beta carotene. Specifically tied to lower rates of pancreatic cancer. Orange juice protected mice sperm from radiation damage.

Parsley

Anticancer because of its high concentrations of antioxidants, such as monoterpenes, phthalides, polyacetylenes. Can help detoxify carcinogens and neutralize certain carcinogens in tobacco smoke. Also, has diuretic activity.

Pineapple

Suppresses inflammation. A main constituent, an antibacterial enzyme called bromelain, is anti-inflammatory. Pineapple aids digestion, helps dissolve blood clots and is good for preventing osteoporosis and bone fractures because of its very high manganese content. It is also antibacterial and antiviral and mildly estrogenic.



Plum

Antibacterial. Antiviral. Laxative.

Potato (white).

Contains anticancer protease inhibitors. High in potassium, thus may help prevent high blood pressure and strokes. Some estrogenic activity.

Prune

A well-known laxative. High in fiber, sorbitol and natural aspirin.

Pumpkin

Extremely high in beta carotene, the antioxidant reputed to help ward off numerous health problems, including heart attacks, cancer, cataracts.

Raspberry

Antiviral, anticancer activity.
High in natural aspirin.



Rice

Anti-diarrhea, anticancer activity. Like other seeds, contains anticancer protease inhibitors. Of all grains and cereals, it is the least likely to provoke intestinal gas or adverse reactions (intolerances), causing bowel distress such as spastic colon.

Rice bran is excellent against constipation, lowers cholesterol and tends to block development of kidney stones.

Seaweed and Kelp (brown or Laminaria type seaweed).

Antibacterial and antiviral activity in brown Laminaria type seaweed known as kelp. It kills herpes virus, for example. Kelp may also lower blood pressure and cholesterol.

Wakame boosts immune functioning. Nori kills bacteria and seems to help heal ulcers. A chemical from Wakame seaweed is a clot-buster, in one test twice as powerful as the common drug heparin.

Most types of seaweed have anticancer activity. Might aggravate acne flare-ups.

Soybean

Rich in hormones, it boosts estrogen levels in postmenopausal women. Has anticancer activity and is thought to be especially antagonistic to breast cancer, possibly one reason rates of breast and prostate cancers are low among the Japanese. Soybeans are the richest source of potent protease inhibitors which are anticancer, antiviral agents.

Soybeans lower blood cholesterol substantially. In animals, soybeans seem to deter and help dissolve kidney stones.

Spinach

Tops the list, along with other green leafy vegetables, as a food most eaten by people who don't get cancer. A super source of antioxidants and cancer antagonists, containing about four times more beta carotene and three times more lutein than broccoli, for example. Rich in fiber that helps lower blood cholesterol. Some of its antioxidants are destroyed by cooking. Eat raw or lightly cooked.

Strawberry

Antiviral, anticancer activity. Often eaten by people less likely to develop all types of cancer.



Sugar

Helps heal wounds when applied externally. Like other carbohydrates, sugar helps induce cavities. Also may be related to Crohn's disease. Triggers rises in blood sugar and stimulates insulin production.

Sweet Potato (yams)

A source of the antioxidant beta carotene, linked to preventing heart disease, cataracts, strokes and numerous cancers. One half cup of mashed sweet potatoes contains about 14 milligrams of beta carotene, or about 23,000 international units (IUs), according to Department of Agriculture figures.



Tea (including black, oolong and green tea, not herbal teas).

Amazing and diverse pharmacological activity, mainly due to catechins. Tea acts as an anticoagulant, artery protector, antibiotic, anti-ulcer agent, cavity-fighter, anti-diarrhea agent, antiviral agent, diuretic (caffeine), analgesic (caffeine), mild sedative (decaffeinated).

In animals tea and tea compounds are potent blockers of various cancers. Tea drinkers appear to have less atherosclerosis (damaged, clogged arteries) and fewer strokes.

Excessive tea drinking because of its caffeine could aggravate anxiety, insomnia and symptoms of PMS. Tea may also promote kidney stones because of its high oxalate content.

Green tea, popular in Asian countries, is highest in catechins, followed by oolong and ordinary black tea, common in the United States. Green tea is considered most potent. One human study, however, found no difference in benefits to arteries from green or black tea.

Tomato

A major source of lycopene, an antioxidant and anticancer agent that intervenes in devastating chain reactions of oxygen free radical molecules.

Tomatoes are linked in particular to lower rates of pancreatic cancer and cervical cancer.



Turmeric

Truly one of the marvelous medicinal spices of the world. Its main active ingredient is curcumin which gives turmeric its intense cadmium yellow color.

Curcumin, studies show, is an anti-inflammatory agent on a par with cortisone, and has reduced inflammation in animals and symptoms of rheumatoid arthritis in humans.

In other tests, it lowered cholesterol, hindered platelet aggregation (blood clotting), protected the liver from toxins, boosted stomach defenses against acid, lowered blood sugar in diabetics, and was a powerful antagonist of numerous cancer-causing agents. Anticancer activity.



Watermelon

High amounts of lycopene and glutathione, antioxidant and anticancer compounds. Also mild antibacterial, anticoagulant activity.

Wheat

High-fiber whole wheat, and particularly wheat bran, rank as the world's greatest preventives of constipation. The bran is potently anticancer. Remarkably, in humans, wheat bran can suppress that can develop into colon cancer. Anti-parasitic.

Ranks exceedingly high as a trigger of food intolerances and allergies, resulting in symptoms of rheumatoid arthritis, irritable bowel syndrome and neurological illnesses.



Yogurt

An ancient wonder food, strongly antibacterial and anticancer. A cup or two of yogurt a day boosts immune functioning by stimulating production of gamma interferon.

Also spurs activity of natural killer cells that attack viruses and tumors. A daily cup of yogurt reduced colds and other upper respiratory infections in humans.

Helps prevent and cure diarrhea. A daily cup of yogurt with acidophilus cultures prevents vaginitis (yeast infections) in women.

Helps fight bone problems, such as osteoporosis, because of high available calcium content.

Acidophilus yogurt cultures neutralize cancer-causing agents in the intestinal tract. Plain old yogurt with *L. bulgaricus* and *S. thermophilus* cultures, both live and dead, blocked lung cancers in animals. Yogurt with live cultures is safe for people with lactose intolerance.



Superfoods for Fighting Cancer

Though there are many nourishing foods, there are only a few superfoods that contain such a potent collection of protective factors that they deserve regular inclusion in most diets.

Garlic

This stinky little vegetable has been used for 5000 years in various healing formulas. Pasteur noted that garlic killed all of the bacteria in his petri dishes. More importantly, garlic has been found to stimulate natural protection against tumor cells.



Tarig Abdullah, MD of Florida found that white blood cells from garlic-fed people were able to kill 139% more tumor cells than white cells from non-garlic eaters.³ Garlic and onions fed to lab animals helped to decrease the number of skin tumors.⁴ Researchers found that onions provided major protection against expected tumors from DMBA in test animals.⁵ Mice with a genetic weakness toward cancer were fed raw garlic with a lower-than-expected tumor incidence.⁶

The most common form of cancer worldwide is stomach cancer. Chinese researchers find that a high intake of garlic and onions cuts the risk for stomach cancer in half.⁷ Garlic provides the liver with a certain amount of protection against carcinogenic chemicals. Scientists find that garlic is deadly to invading pathogens or tumor cells, but is harmless to normal healthy body cells; thus offering the hope of the truly selective toxin against cancer that is being sought worldwide.

Carotenoids

Green plants create sugars by capturing the sun's energy in a process called photosynthesis. The electrons that must be corralled in this process can be highly destructive. Hence, nature has evolved an impressive system of free radical protectors, including carotenoids and bioflavonoids, that act like the lead lining in a nuclear reactor to absorb dangerous unpaired electrons.

Both of these substances have potential in stimulating the immune system while there is preliminary evidence that carotenoids may be directly toxic to tumor cells.

Carotenoids are found in green and orange fruits and vegetables. Bioflavonoids are found in citrus, whole grains, honey, and other plant foods.

Cruciferous vegetables

Broccoli, Brussels sprout, cabbage, and cauliflower were involved in the "ground floor" discovery that nutrition is linked to cancer. Lee Wattenberg, MD of the University of Minnesota found in the 1970s that animals fed cruciferous vegetables had markedly lower cancer rates than matched controls. Since then, the active ingredient "indoles" have been isolated from cruciferous vegetables and found to be very protective against cancer.

Scientists at Johns Hopkins University found that lab animals fed cruciferous vegetables and then exposed to the deadly carcinogen aflatoxin had a 90 percent reduction in their cancer rate.⁸

Cruciferous vegetables are able to increase the body's production of glutathione peroxidase, which is one of the more important protective enzyme systems in the body.



Mushrooms

Gourmet chefs have long prized various mushrooms for their subtle and exotic flavors. Now there is an abundance of scientific evidence showing that Rei-shi, Shiitake, and Maitake mushrooms are potent anti-cancer foods.⁹

Actually, Maitake literally means "dancing mushroom" since people would dance with joy when finding these delicate mushrooms on a country hillside. Oral extract of Maitake provided complete elimination of tumors in 40% of animals tested, while the remaining 60% of animals had a 90% elimination of tumors. Maitake contains a polysaccharide, called beta-glucan, which stimulates the immune system and even lowers blood pressure.



Legumes

Seed foods (like soybeans) have a substance that can partially protect the seed from digestion, called protease inhibitors (PI). For many years, these substances were thought to be harmful. New evidence finds that PIs may squelch tumor growth.¹⁰

Researchers at the National Cancer Institute find a collection of substances in soybeans, including isoflavones and phytoestrogens, appear to have potent anti-cancer properties.¹¹ Dr. Ann Kennedy has spent 20 years researching a compound in soybeans that:

- Prevents cancer in most animals exposed to a variety of carcinogens
- Retards cancer in some studies
- Lowers the toxic side effects of chemo and radiation therapy
- Reverts a cancer cell back to a normal healthy cell.¹²
- Others. There are numerous foods that show an ability to slow tumor growth in some way. Apples, apricots, barley, citrus fruit, cranberries, fiber, figs, fish oil, fish, ginger, green tea, spinach, seaweed and other foods are among the reasons that I heavily favor the use of a mixed highly nutritious diet as the foundation for nutrition in cancer therapy.

Whole foods contain an elegant "symphony" of ingredients that we have only begun to appreciate due to the increasing sensitivity of our analytical equipment.

Foods That Treat Malnutrition

Food treats malnutrition. Food contains known essential nutrients that stimulate the immune system and provide valuable protection against carcinogens. Foods also contain poorly understood factors that may add measurably to the recovery of the cancer patient. Many foods have tremendous therapeutic value in helping the patient to internally fight cancer.

Yogurt

While dairy products are the world's most common allergenic food, for 1/2 to 2/3 of the population, yogurt can provide some dramatic immune stimulation.

On the surface, yogurt appears to be nothing more than a fermented dairy product. Yet, modern scientists find that the active culture of bacteria in yogurt (*Lactobacillus*) can fortify the immune system.

Yogurt is an impressive immune stimulant.¹³ In both humans and animals, yogurt in the diet tripled the internal production of interferon (a powerful weapon of the immune system against tumor cells) while also raising the level of natural killer cells.

Yogurt has been shown to slow down the growth of tumor cells in the GI tract while improving the ability of the immune system to destroy active tumor cells.¹⁴ Yogurt can block the production of carcinogenic agents in the colon.

When scientists looked at the diet of 1010 women with breast cancer and compared them to an equally matched group without breast cancer, they found an inverse dose-dependent relationship: the more yogurt consumed, the lower the risk for breast cancer.¹⁵

In several European studies, yogurt in animal studies was able to reverse tumor progress. A 1962 study found that 59 percent of 258 mice implanted with sarcoma cells were cured through yogurt. A more recent American study found a 30 percent cure rate through yogurt.¹⁶ While it is doubtful that yogurt is going to cure advanced human cancer, it is likely that yogurt can better fortify the cancer patient's immune system.

PATIENT PROFILE: SURVIVING KIDNEY CANCER

M.M. was diagnosed with renal cell carcinoma stage 4. She took thalidomide and interferon for nearly 2 years, then stopped these medications due to side effects, which included vomiting, headaches, and neuropathy (numb and painful hands and feet). M.M. used the nutrition guidelines in this book along with mistletoe and dendritic cell therapy to shrink her tumor by 30%. She was given 6 months to live, yet has survived 5 years, although she still has tumor burden. Her quality of life is good. M.M. says that “we are all terminal. Just try to make a difference in someone else’s life.”

ENDNOTES

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