ANTIOXIDANTS AND CANCER

SECOND LEADING CAUSE OF DEATH

NATIONAL CANCER INSTITUTE - LIFETIME RISK OF DEVELOPING CANCER - 45% FOR MEN - 39% FOR WOMEN

23% OF MEN AND 20% WOMEN DIE

1,500 DEATHS PER DAY
MOST RESEARCHERS STATE - LIFESTYLE AND DIET ACCOUNT FOR 70% OF CANCERS IN GENERAL
SOME BELIEVE THAT ONLY 5%-10% OF CANCER IS SOLELY HEREDITARY (dysfunctional or abnormal gene)

CANCER FROM DAMAGE OCCURS THROUGHOUT LIFE

GENE DAMAGE AND THUS CANCER INCREASES WITH AGE (80% of all cancers are diagnosed at age 55 or older)
NUTRITION AND CANCER

EXAMPLE

LOW LEVELS OF VITAMIN B6 AND B12 - LEADS TO LOW LEVELS OF URACIL (COMPONENT OF DNA)

LOW URACIL LEVELS - BREAKS THE DNA CHROMOSOMES

ALSO - 5%-20% OF US - DEFICIENT IN 8 ESSENTIAL MICRONUTRIENTS - MAY LEAD TO ABNORMAL CHROMOSOMES
CANCER GENERALITIES

- Higher fruit and vegetable intake - lower cancer risk
- High total fat, saturated fat and cholesterol - higher risk
- More calories consumed - higher risk of cancer
- Greater alcohol - higher risk
ANTIOXIDANT STUDY

CANCER TREATMENT CAN BE HELPED WITH ANTIOXIDANTS

VITAMIN E (400 IU) B6 (100mg) A (40,000 IU) C (2,000mg) ZINC (90mg).

DECREASED BLADDER CANCER RECURRENCE BY 50%
VITAMIN E STUDIES

Study - 24 WEEKS - 46% REDUCTION IN PREMALIGNANT ORAL CHANGES

Study – ELDERLY - 41% LESS CHANCE OF DYING FROM CANCER

Study - 3,000 MEN - LOW VITAMIN E LEVELS - INCREASED RISK OF PROSTATE CANCER
STUDY

LAB EXPERIMENT – VITAMIN E (d-alpha-tocopheryl succinate) - EXPOSED TO NORMAL CELLS AND CANCER CELLS (ovarian and cervix)

CELLS THEN RADIATED

VITAMIN E INCREASED CHROMOSOMAL DAMAGE TO CANCER CELLS - NOT TO NORMAL CELLS
DOSE

- 400IU per day -
- FIGHT FREE RADICALS AND PREVENT CANCER
- TYPE - MIXED TOCOPHEROLS

- IF FIGHTING CANCER - 400 to 800 IU per day - alpha-tocopherol succinate
SELENIUM

- EATING SELENIUM RICH FOODS -
- DECREASES RISK OF OVERALL CANCER IN GENERAL
- ALSO INCREASES EFFECTIVENESS OF VITAMIN E
STUDY

CITIES AND STATES WITH **HIGH SOIL SELENIUM LEVELS**

LOWER RATES OF CANCER

ESPECIALLY – CANCERS OF THE DIGESTIVE AND URINARY SYSTEMS
STUDIES

CANCER PATIENTS HAVE - LOWER SERUM LEVELS

THOSE WITH LOWEST LEVELS HAVE A 5.8 TIMES GREATER RISK OF SKIN CANCER

Lab EXPERIMENT- SELENIUM INHIBITS GROWTH OF BREAST, CERVICAL, COLON, AND SKIN CANCER
DOSE

100-200 MICROGRAMS PER DAY RECOMMENDED FOR CANCER PREVENTION AND OPTIMAL IMMUNE SYSTEM FUNCTION
VITAMIN C

PROTECTIVE FOR CANCER OF THE
LARYNX
CERVIX
AND POSSIBLY BREAST
REVIEW OF 20 STUDIES

18 STUDIES CORRELATED BETWEEN LOW LEVELS OF VITAMIN C - AND INCREASED RISK OF
STOMACH CANCER
ESOPHAGEAL CANCER
CANCER OF THE ORAL CAVITY
CANCER OF THE PHARYNX
STUDIES

STUDY - MORE VITAMIN C TAKEN - LESS BREAST CANCER RISK

STUDY - PEOPLE WHO EAT LOW AMOUNTS OF CITRUS FRUITS AND OTHER VITAMIN C FOODS - HIGHER RATES OF STOMACH CANCER
CAROTENOIDS

WOMEN WITH BREAST CANCER HAVE LOWER BLOOD LEVELS OF BETA-CAROTENE

LOWER DIETARY INTAKES OF CAROTENOIDS
BETA-CAROTENE

Women with cervical cancer have lower levels of blood beta-carotene.

Men with low levels of beta-carotene have a higher risk of lung cancer.
EAT THE NATURAL FORM FRUITS AND VEGETABLES

PROTECTIVE EFFECT AGAINST CANCER

SYNTHETIC FORM - COMBINED WITH SMOKING - LEADS TO CANCER GROWTH – SYNTHETIC FORM NOT RECOMMENDED
LUTEBIN

- GREEN LEAFY VEGETABLES
- ANIMAL STUDIES
- DECREASES CANCER GROWTH
- INCREASES GROWTH OF NORMAL WBC
LYCOPENE

- HIGH INTAKES OF TOMATOES -
- REDUCED CANCER OF THE -
- ORAL CAVITIY, PARYNX, AND ESOPHAGUS by 35%
- STOMACH by 57%
- RECTUM by 58%
- COLON by 61%
STUDY

MEN WHO EAT 10 SERVINGS TOMATO-BASED PRODUCTS PER WEEK
33% LESS PROSTATE CANCER RISK COMPARED TO THOSE CONSUMING 1.5 SERVINGS PER WEEK