

COULD YOUR DIET BE FEEDING YOU AND “CANCER CELLS” TOO?

by Linda Fiveson

When you put that forkful of food into your mouth, do you ever consider what parts of your body are getting the nourishment, and what else in your body might be getting fed too?

Actually, I'm sure most of us don't think further than the experience we are having consuming the food.

Everyone has cancer cells in their body. Detection of cancer is when the cells measure in the billions. So, if a patient is told they don't have cancer, it's because the cells haven't multiplied to the point that standard tests will identify them.

Everyone can get some cancer cells in their lifetime but a strong immune system can destroy those cells. If the immune system is suppressed or overloaded with foreign substances, it's harder for the body to detect, fight or destroy the cells.

Diet is a great way to help reverse nutritional deficiencies.

Cancer feeds on sugar. Yes, it loves it like we do!

Imagine... we now have to worry about having double guilt when we eat sugar. We're gaining weight and the cancer cells are having a party!

Highly processed carbohydrates turn to sugar and eliminating these foods helps cut off those supplies to the cancer cells. Fruits have natural sugar so unless sugars have been added to the fruit, the percentage of sugar to fiber keeps the sugars low, not to mention the benefit of vitamins and nutrients we get from fresh fruit.

Milk products increase the production of mucus. You guessed it...cancer feeds on mucus. So, by eliminating milk, cheese, ice cream, etc., you help starve the cancer cells.

Creating an acidic environment in the body is cancer-friendly and meat-based diets can make the body acidic. Unless the meat is organic, all meat contains growth hormones, livestock antibiotics, and parasites.

Fried foods slow the “transit-time” in the colon and disrupt digestion, and barbequed foods grilled on hot flames change the molecular structure of the food and form substances called Carcinogens. Fish and poultry are better choices for good digestion.

“HOW COULD PROPER NUTRITION HELP?”

Cancer cell walls have tough protein walls. Raw vegetables and fruits contain enzymes that can dissolve these walls. When the protein wall is removed, the body is able to attack these cells.

Broccoli, cauliflower, kale, mustard greens, brussel sprouts and cabbage are fiber rich foods that boost immunity and block the enzymes that attract carcinogens.

Grapes, blueberries, cranberries (fresh), strawberries and raspberries have several tumor fighting compounds. Ellagic acid is an antioxidant that slows the multiplying of abnormal cells, especially in skin, bladder, lung and breast tumors.

Garlic, onions, chives and leeks are Allium vegetables. In many studies over the years, these vegetables help to prevent cancer of all types.

Carrots, sweet potatoes and squash are rich in beta-carotenes, which help to prevent abnormal cells by releasing a chemical called “tumor necrosis factor.” This chemical causes death to cancerous cells.

Keeping a positive emotional attitude also has some effect on your body’s health. Anger, resentment, bitterness and, of course stress, can cause an acidic body environment thus causing digestive tract problems, which can affect how well we absorb our nutrients.

Cancer cells do not thrive in oxygen rich environments. Try exercise, deep breathing, Yoga, T’ai Chi to help keep your body oxygenated. And remember, even a few minutes of jumping jacks could be helpful in getting in a few extra gasps of air each day.