

YOU ARE PERFECT

Health Talk

Health Talk for Warriors Against Cancer



Healthcare



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Disclaimer

- The information contained in this presentation is aimed to help improve the well being and recovery of cancer patients.
- It is in no way undermining the importance and necessity of medical supervision in the care and treatment of cancer.
- This presentation is targeted as a complement and not as a substitute to medical care.
- Thus, patients must consult with their doctor before embarking on any nutritional regime.

Goals of Nutrition Therapy

- Prevent & Correct Malnutrition.
- Prevent wasting of muscle, bone, blood, organs, lean body mass.
- Help tolerate treatment.
- Maintain strength and energy.
- Protect ability to fight infection.
- Help recovery and healing.
- Maintain & improve quality of life.

The Stages of Cancer



Food Factor.....

- National Institute of Cancer says, “About 1/3 of all cancers are linked to diet.
- British expert Richard Doll put the figure at 60%.





Let your food
be your
medicine and
your medicine
your food



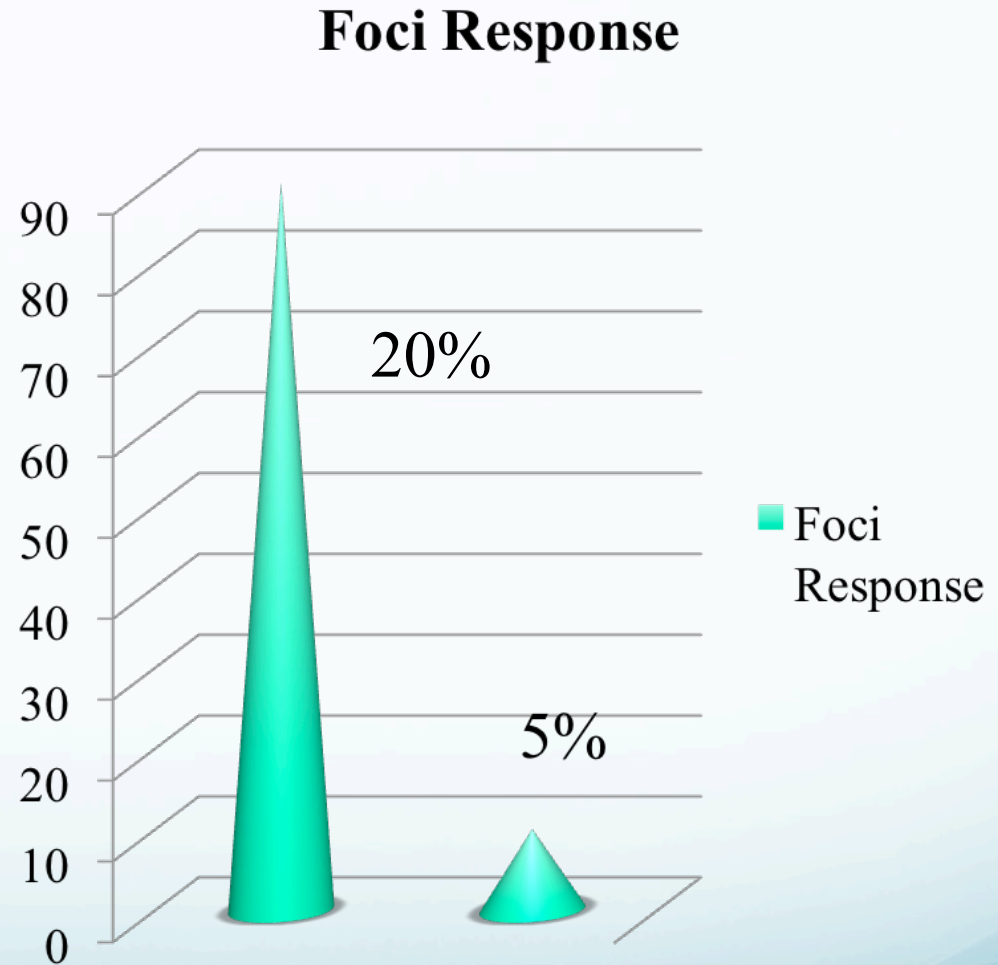
- Hippocrates, 400 BC

Switch Cancer Off!!!

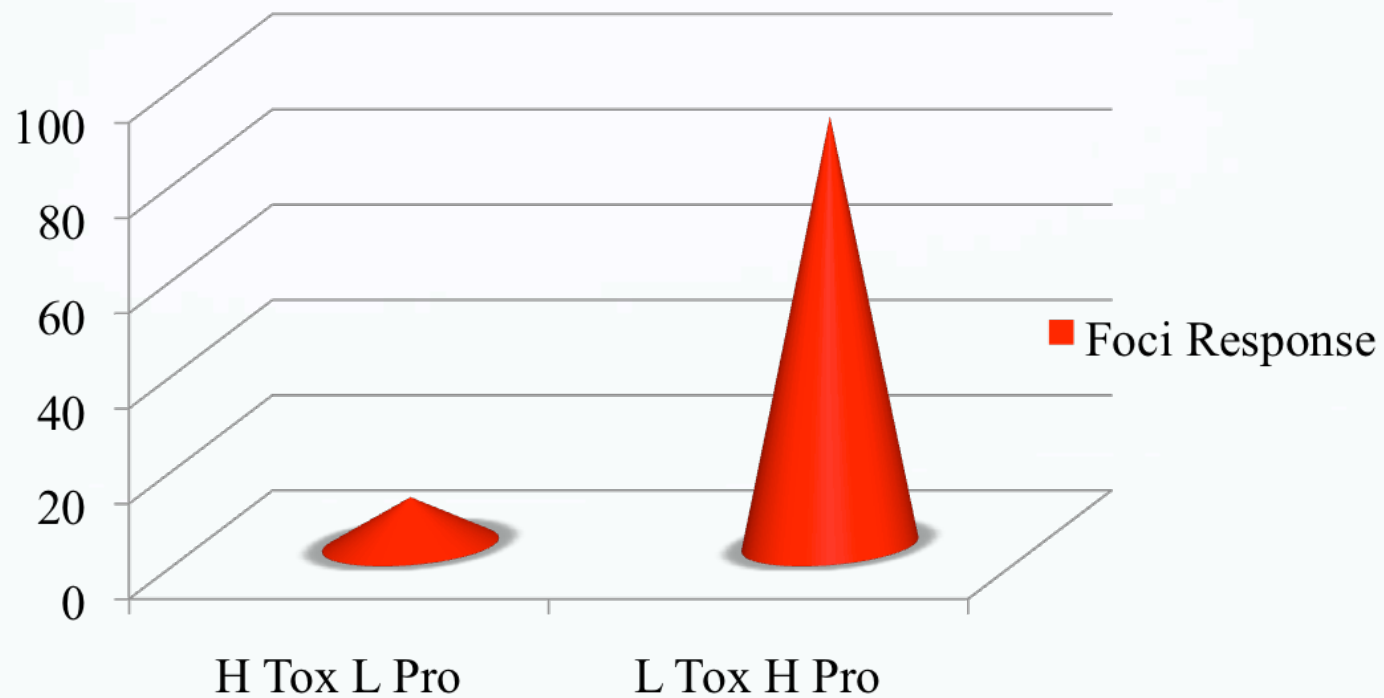


Reduce Animal Protein

- Less toxins entered cell
- Cells multiplied slowly
- Reduced cell activity
- Lower tumor initiation



Foci Response



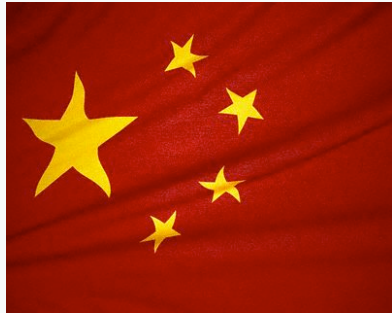
- Higher protein consumption caused higher activity despite lower toxin levels.

Nutr. Cancer 1982, J. Natl. Cancer Institute 1987, China Study 2006

Lessons from China

<i>Nutrient</i>	<i>China</i>	<i>US</i>
Calories (kcal/day)	2641	1989
Total Fat (% of calories)	14.5	34-38
Dietary Fiber (g/day)	33	12
Total Protein (g/day)	64	91
Animal Protein (% of calories)	0.8	10-11
Total Iron (mg/day)	34	18

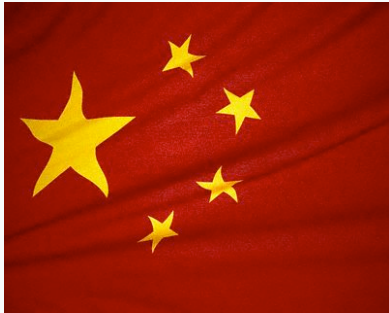
Diets that protected against cancer in China, Saturday Evening Post 1990



China says



- Cancer of the liver, rectum, colon, lung, breast, childhood leukemia, adult leukemia, childhood and adult brain, stomach and esophagus cancer decreased with lower cholesterol levels. (As low as 90 mg/dL)
- In rural China animal protein intake was 7.1g/day (3 McNuggets) versus 70g/day in America.
- Dietary fat increases risk of breast cancer. Rural Chinese intake was at 14.5% versus American intake of 36%.



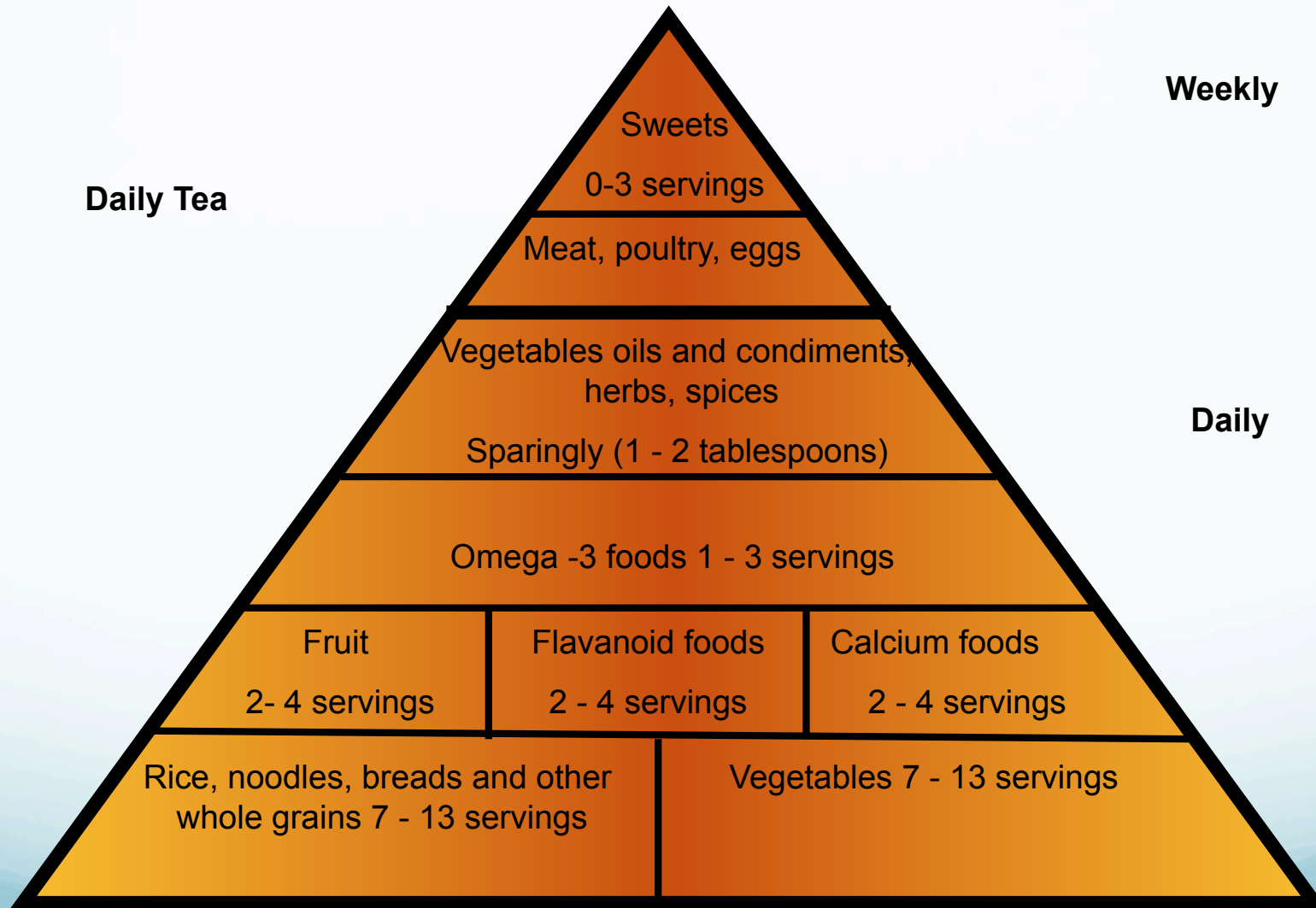
China also says



- Dietary Fiber lowers risk of colon cancer. Chinese consumption of fiber is 34mg/day versus American at 18mg/day.
- Low vitamin C intake was associated with high risk of esophageal, leukemia, nasopharyngeal, breast, stomach, liver, rectum, colon and lung.
- High carbohydrate diet was better.

TC Campbell, China Study, 2006 RESULTS

Okinawa Food Pyramid



To Aid Prevention

- Garlic
- Broccoli
- Cabbage
- Soy
- Onions
- Carrots
- Tomatoes
- Citrus Fruits
- Fatty Fish
- Tea
- Turmeric
- Sweet Potato
- Yogurt
- Parsley
- Pumpkin
- Nuts
- Kiwi
- Flaxseed
- All green & leafy vege



To Prevent Spread

- Garlic
- Broccoli
- Cabbage
- Soy
- Collard Greens
- Sweet Potato
- Tomatoes
- Fatty Fish
- Licorice
- Chinese Mushrooms



Prostate Cancer Alert!!!

- WHO 1985-1989 report of 59 countries shows a strong correlation between prostate cancer (PC) risk and per capita milk consumption.
- 6 Case control studies found a correlation between dairy products and PC.
- 2 Italian, 4 American, 1 Uruguay and 1 Swedish study found increased risk of prostate cancer in milk consuming men.
- 5 of 11 Cohort studies found a positive association between PC and milk, but 6 studies found no association.
- 20-year cancer mortality research conducted by Seven Day Adventist:
 - Drinking 2 glasses of milk a day may double the risk of prostate cancer mortality compared to drinking one glass.
 - 3 glasses increased risk to 2 ½ times.
 - Reduce cheese, eggs and meat.
- California Adventist found no association between milk and PC incidence.

Anti Oxidants

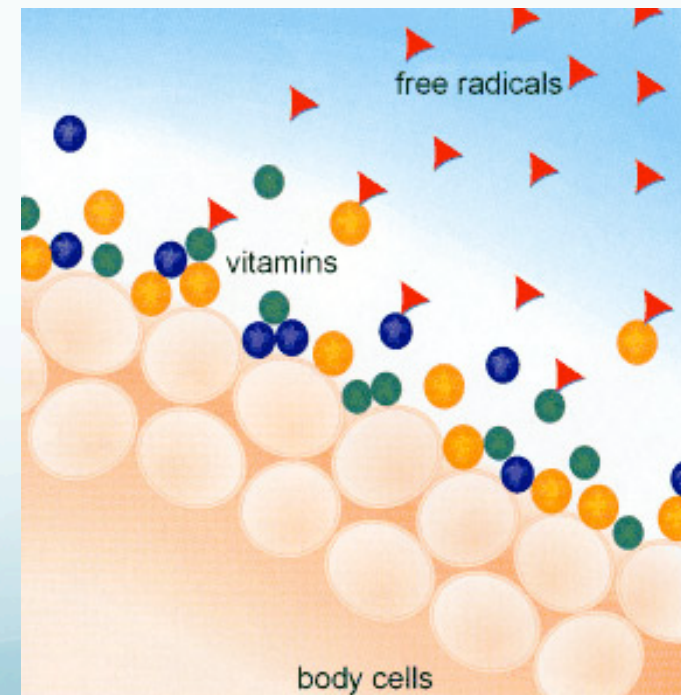
- People who take vitamins C & E live several years longer than those who don't.
- Those diagnosed with cancer may prolong life up to 33% with a combination of vit E, C, beta carotene and selenium.
- Vit A and beta carotene work synergistically with Chemotherapy
- Vit E protects normal cells from chemo damage
- Melatonin reduces adverse effects of Chemo without lessening anti-tumour effects.
- Johns Hopkins says: Regular vitamin takers slash their risk of common skin cancer by 70%.
- Lycopene in tomatoes work against Prostate Cancer





Anti Oxidants

- National Cancer Institute - 13% decrease in cancer rates.
- Harvard says: Heart attacks and strokes down by 50%.
- New Jersey Medical school says: Immunity up, infections down by 50%.
- Reverses Biological Clock.
- Improves sperm and restores male fertility.



Fruits & Vege for Dietary Antioxidant

GLUTATHIONE

Oranges
Carrots
Cabbage
Broccoli
Cauliflower
Watermelon
Potatoes
Spinach
Avocado
Grapefruit



Cancer Prevention Specific Foods



- Breast – Soy, Fatty Fish, Yogurt, Vege
- Prostate – Soy, Nuts, Seeds, Vege, Fruits
- Lung – Carrots
- Colon – Cruciferous & carrots
- Esophageal, oral, pharyngeal – Citrus Fruit
- Laryngeal – All types of foods and vege
- Stomach – All types of fruits, lettuce, onions, tomatoes, celery, pumpkin, especially raw vege, fiber.
- Pancreas – All fruits & vege
- Bladder – Carrots & Fruits
- Thyroid – Cruciferous

- *John Potter, University of Minnesota*

How Much Fruits & Vege to Eat???

- At least 5 Servings a day every day.
- One Serving:
 - One half cup of fruits or vegetables
 - One cup of raw vegetables
 - One fist size
 - 6 ounces or 170 ml
 - 1 medium sized fruit (1 apple, orange, pear)
 - 1 piece of papaya, watermelon



SOY BEANS=FLAVANOIDS

- Genistein found in Soy Beans a potent anti-aging and **anti-cancer antioxidant**.
- **Inhibits growth of new blood vessels for cancer cells.**
- **Deterrent for breast and prostate cancer.**
- **Gives enzymes enough time to repair DNA.**
- **Rich in flavanoids that hinder cancer growth in pre and menopausal women.**
- Builds stronger bones.
- Regulates blood sugar.
- Contains Lecithin - **Garbage man of the body.**
- Improves skin elasticity and texture
- Blocks oxidation of bad cholesterol (LDL)



Japanese men have 110 times more soy bean chemicals than Finish men. - Dr. Herman Adlercreutz

Soy flour

Soy milk

Tofu

Tempeh

Miso

Officially allowed health claim by USFDA-Food labelling:Health Claims;soy protein and coronary heart disease, Fed Regist 1999

YAM CHA (Green Tea)

- Decreased risk of advanced prostate cancer.
- 10 Chinese cups a day is protective
- Reduces cholesterol and blocks the build up of plaque in arteries.
- 5 cups of green tea everyday reduces risk of stroke by 50%.
- **Black tea appears** to dissolve blood clots and may be as effective as vitamin E in preventing LDL oxidation.
- Green tea slashes risk of esophageal cancer by 20% in men, 50% in women.
- Helps stop the spread of cancer in general.
- More powerful than antibiotic tetracycline in protecting gum disease.



FACTS

CATECHINS

Red Wine - 300 mg
Green Tea - 375 mg
Black Tea - 210 mg
Grape Juice 100 mg

**Boiling HOT tea raises the risk of esophageal cancer
by 5 times**

**American Health Foundation, UCLA, University of Southern California, University of Massachusetts,
National Cancer Institute, Tokyo Dental College, University of British Columbia.**

Fish fights Cancer

- Suppresses pre-cancer growth – MRFIT Coordinating Center, Minneapolis.
- Consistently decreases size of tumours – Centre for Genetics, Nutrition & Health, Washington.
- Prevents spread of breast cancer after surgery - Harvard Medical School.

Power Food



Cruciferous

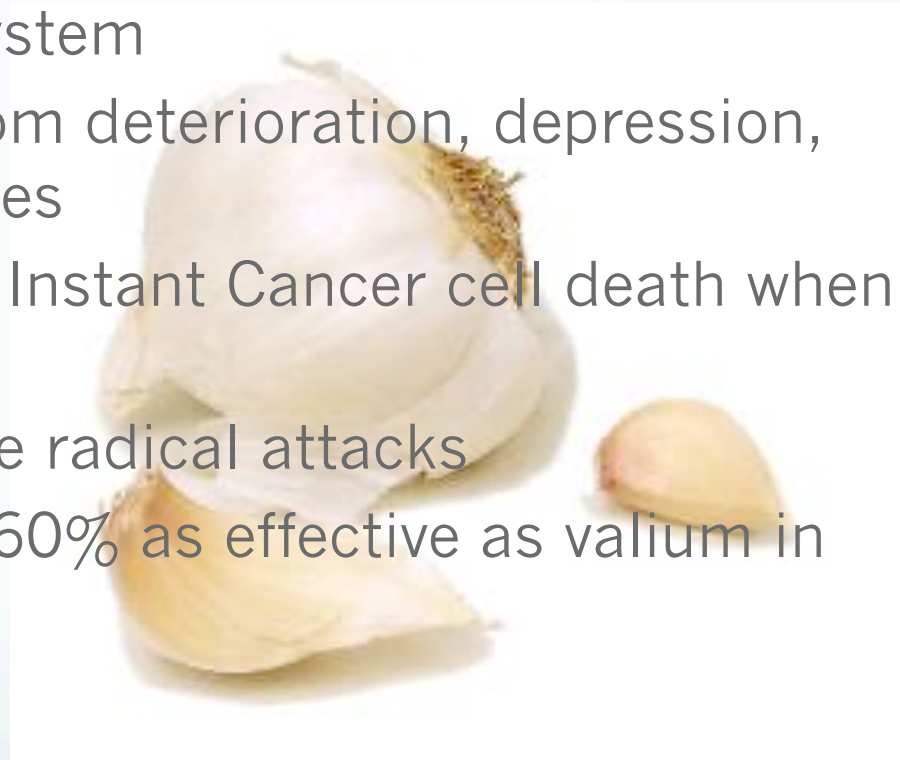
- Burns up estrogen to fight breast cancer
- Indoles stopped the spread of cancer

Fiber

- Can suppress estrogen better than low fat diets.
- Bran products blocks cancer promotion in older and postmenopausal women.

Garlic-Ancient Star

- Contains at least 12 antioxidants
 - Boost immune system
 - Protects brain from deterioration, depression, learning disabilities
 - Inhibits cancer - Instant Cancer cell death when in contact
 - Protects from free radical attacks
 - Mood enhancer (60% as effective as valium in relieving stress)



Beta Carotene

- Harvard and Tufts University
 - Direct toxic effect on cancer cells taken from solid tumours.
 - Acts like a chemotherapy agent.
 - Reduced spread of cancer cells.
 - Reduced free radical activity.
 - Enhanced enzyme activity to fight cancer.

Going Nuts **Selenium**

Vit E

- Munching on nuts at least 5 times a week had roughly double the protection of those who ate nuts less than once a week.
- Suppresses growth of cancer cells.
- Nuts consumption
 - 32% peanuts
 - 29% almonds
 - 16% walnuts
 - 23% others



Monounsaturates

Hazelnuts	81%
Avocados	80%
Olive oil	72%
Almonds	71%
Canola Oil	60%



Ellagic Acid

Fiber

Knowing and not Doing is as Good as not Knowing

- Eat lots of sardines, salmon and mackerel, fish oils
- You better eat Beta-Carotene
- Eat fiber rich foods
- Use olive and canola oil
- Have a lot of Joy with Soy
- Eat garlic everyday after you have kissed her/him
- Eat lots of fruits and vegetables. The darker the better
- Eat vitamin A, C and E rich foods
- Butter is Better than Margarine
- Yam Cha every day keeps the doctor away

That's all folks

