Foods That Heal, Foods that Kill!

There are books and books written about diet and nutrition. My purpose is not to go over what has already been done before—but to glean information and make sure you know the biggest problems that we face today. We all know there is something wrong with our food chain, we just don’t know what to do about it on a daily basis. “What can I eat today that’s good for my body?”

This is SAD! (Standard American Diet)

- Everything we eat has been stripped of nutrients.
- Irradiation is killing our food enzymes, causing DNA mutations, and exposing us to carcinogens.
- Microwaves damage our food and introduce more carcinogens into our food chain.
- Pesticides are poisoning our food supply.
- Our meat and milk is contaminated and full of toxins and hormones.
- Mercury and other toxins abound in seafood and water supplies.
- Genetically modified organisms (GMS’s) are ruining our food supply.
- We are told certain ingredients are safe, but big money has paid for that lie.
- Our packaging is even more toxic than the ingredients in the food.

I have shared this quick chart I made up with clients years ago. It’s not all inclusive but it will give you a good jolt to clean out your pantry.

<table>
<thead>
<tr>
<th>White flour</th>
<th>White bread, cakes, etc.</th>
<th>White</th>
<th>Whole grains</th>
</tr>
</thead>
<tbody>
<tr>
<td>All nutrients have been removed for a longer shelf life. Wheat germ and bran sold separately. Many nutrients sold to nutrient companies. Bleached, then fortified with fake nutrients not originally in grains. Think of eating glue. It plugs up your digestive system.</td>
<td>All nutrients have been removed during processing, baking, and packaging. Considered empty calories. Preservatives added.</td>
<td>Many steps in processing have taken out any good nutrients in sugars made originally from sugar beets, or cane sugar. A sugar is always a sugar -</td>
<td>Change recipes to include whole grains, less sugar, and use applesauce or other pureed fruit for some oils. Use coconut oil, olive oil or butter.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Molasses, honey and stevia, made from leaves and 200 times sweeter than sugar, are the best sweeteners in limited amounts.</td>
</tr>
</tbody>
</table>
Sugar

Aspartame, NutraSweet, Equal, Sweet & Low, etc. are connected to 92 different health problems. They change in the body to formaldehyde, then to formic acid, which is the same as the sting from fire ants. Children’s brains are especially susceptible.

All vitamins and minerals have been processed out of this vegetable.

Chemical sugars

Around 80 minerals have been removed in the refining process and sold to vitamin and mineral supplement companies for you to buy back in tablet form as minerals.

Grains are pressed to remove oil, then gasoline is added to remove more oil, and it’s heated to remove the gasoline. Then a chemical we would call Draino is added to separate nutrients (sold to supplement companies). Oil is heated again to 500º to remove impurities, then bleached and stored in plastic bottles that interact with oils forming carcinogens.

Instant Potatoes

All vitamins and minerals have been processed out of this vegetable.

White Salt

Vegetable Oils

Egg Whites & egg substitutes

Whites contain only part of the goodness of a whole egg. Anything man can concoct always falls short-egg substitutes do not have all the nutrients that the whole egg does.

Milk

All the nutrients are removed with formaldehyde when the fat is removed from skim and 2% milk. You are buying colored water and more chemicals. Your bodies need certain kinds of fat included in milk butterfat for proper growth. Growth hormones are insidious in milk, along with virus, bacteria, etc. Tough decisions here.

During WW II margarine was a white cube of hydrogenated or hardened oil that you added a packet of yellow food coloring to. We know now that the yellow coloring causes cancer.

Margarine

Avoid pre-packaged foods. More than 7000 products have these dangerous sugars and do not have to be labeled. Learn to read labels.

Use whole potatoes with the skin. Start substituting sweet potatoes for some of the potatoes in your favorite recipes to increase nutrient content by six times.

Buy only unrefined sea salt, a light pink or cream colored salt with flecks of color from all the minerals in it. Full of trace minerals needed for vital body processes.

Use only cold-pressed virgin olive oil sold in glass bottles. All essential fatty acids and many other nutrients are intact. This oil forms the basis of the Mediterranean diet, which has been shown to lower cholesterol and promote longevity. Coconut oil is also known to be anti-viral, bacterial and parasitic and is great for thyroid, diabetes. Flax oil, sesame oils, etc. all need to be cold pressed.

After 20 some years of eggs getting the rap, the go ahead has now been give for a 150 pound adult to eat up to six eggs a day. It seems eggs have natural compounds that prevent cholesterol buildup instead of causing high cholesterol. Also a super protein source.

Buy organic whole milk, especially for young children. If you are concerned about weight gain—trim sugars from other sources first. Better yet, check www.rawmilk.org for the scoop.

The natural yellow color of real butter comes from over 200 compounds that actually prevent cancer.

<table>
<thead>
<tr>
<th>Food</th>
<th>Nutrients Removed</th>
<th>Better Ideas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sugar</td>
<td>even small amounts suppress your immune system for hours.</td>
<td>Xylitol is another great sugar.</td>
</tr>
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<td>Chemical sugars</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Margarine</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Thermogram Showing Food Inflammation

**Systemic/Chronic Inflammation**

This 57 year old client reported being fibrocystic with calcifications in the right breast. Her initial breast series included the thermogram at left, which includes conspicuous vascularity throughout the image.

The client removed gluten, white flour, and most non-organics from her diet to address dietary sensitivities and any resulting chronic inflammation.* The thermogram at right resulted 14 months later.

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<table>
<thead>
<tr>
<th>Food</th>
<th>Description</th>
<th>Alternative</th>
</tr>
</thead>
<tbody>
<tr>
<td>White rice</td>
<td>The outer layer of the rice, containing most of the nutrients has been removed.</td>
<td>Use <strong>brown rice</strong>, <strong>wild rice</strong>, or experiment with other whole grains only available in whole grains.</td>
</tr>
<tr>
<td>Cool Whip</td>
<td>Palm oil has been hydrogenated, (a process which forces nickel, &amp; tin into the oil and adds an extra hydrogen atom to make it firm).</td>
<td><strong>Real whipped cream</strong> has the same 200 compounds that butter has to help prevent cancer.</td>
</tr>
<tr>
<td>White vinegar</td>
<td>Vinegars have been filtered and pasteurized removing many of the healing qualities.</td>
<td><strong>Raw, unfiltered apple cider vinegar</strong> is anti-viral, anti-fungal and has 19 minerals, mostly potassium.</td>
</tr>
</tbody>
</table>

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This 58 year old client had no breast complaints. Her initial breast series included the thermogram at left, which includes conspicuous vascularity throughout the image.
The client removed white flour and white sugar from a "strict" diet, in part to address
dietary sensitivities and any resulting chronic inflammation.* The thermogram at right
resulted 6 months later.¹

Little changes can make a big difference in your breast health.

**Food Irradiation**

Food irradiation is a vast uncontrolled experiment which is using millions of Americans
as guinea pigs,” said Center for Food Safety Executive Director Andrew Kimbrell.
"Given the growing scientific evidence of potential genetic damage to consumers and
their future children from irradiated foods, expansion of this technology would be
unconscionable."

Earlier this year, 26 prominent doctors and researchers, in addition to numerous
consumer, health and environmental protection leaders, endorsed an urgent warning
about the dangers of irradiated food published in the International Journal of Health
Services.²

"A wide range of independent studies have clearly identified mutagenic and carcinogenic
products in irradiated food," the endorsement said. "Congress should focus on sanitation
and not irradiation of the nation's food supply."

The FDA has proposed a new rule that would allow irradiated food to be marketed in
some cases without any labeling at all. Foods must now be labeled “Treated with
irradiation” or “Treated by Radiation” and display the radura symbol. The terms

¹ [http://www.thermogramcenter.com/Before+After.htm](http://www.thermogramcenter.com/Before+After.htm), last accessed 9/20/08
² [http://food-irradiation.net](http://food-irradiation.net), last accessed 9/20/08
"electronically pasteurized" or "cold pasteurized" may replace the use of "irradiated" on labels. These terms are designed to fool consumers about what's been done to their food.

Pasteurization involves heating liquids for the purpose of destroying harmful bacteria and other pathogens, and has been used for decades. Using high-energy gamma rays, electron beams, or X-rays on foods (all known carcinogens according to the International Agency for Research on Cancer) is a completely different process than pasteurization.

These types of radiation are millions of times more powerful than standard medical X-rays and break apart the bacteria and insects that can hide in meat, grains, and other foods. Mutagens from radiation can cause mutations in cells causing them to have more than two sets of chromosomes, chromosome aberrations connected with cancer, and cells that cannot reproduce in human cells.

In addition, benzene and toluene, chemicals known or suspect to cause cancer and birth defects are formed in the irradiation process of our foods. Stunted grown in lab animals from irradiated food in also recognized.

You have to know where your food comes from.

Microwaves Damage DNA

The same violent deformations that occur in our bodies, when we are directly exposed to radar or microwaves, also occurs in the molecules of foods cooked in a microwave oven. This is the direct result of atoms, molecules, and cells hit by this hard electromagnetic radiation are forced to reverse polarity 1-100 billion times a second.

This radiation results in the destruction and deformation of food molecules. Microwaving also creates new compounds, called radiolytic compounds, which are unknown fusions not found in nature. Radiolytic compounds are created by molecular decomposition - decay - as a direct result of radiation. Since people ingest this altered food, shouldn't there be concern for how the same decayed molecules will affect our own human biological cell structure?

3 http://www.centerforfoodsafety.org/food_irrad.cfm, last accessed 9/20/08
Ten Reasons to Throw out your Microwave Oven

From the conclusions of the Swiss, Russian and German scientific clinical studies, we can no longer ignore the microwave oven sitting in our kitchens. Based on this research, we will conclude this article with the following:

1). Continually eating food processed from a microwave oven causes long term - permanent - brain damage by "shorting out" electrical impulses in the brain [de-polarizing or de-magnetizing the brain tissue].

2). The human body cannot metabolize [break down] the unknown by-products created in microwaved food.

3). Male and female hormone production is shut down and/or altered by continually eating microwaved foods.

4). The effects of microwaved food by-products are residual [long term, permanent] within the human body.

5). Minerals, vitamins, and nutrients of all microwaved food is reduced or altered so that the human body gets little or no benefit, or the human body absorbs altered compounds that cannot be broken down.

6). The minerals in vegetables are altered into cancerous free radicals when cooked in microwave ovens.

7). Microwaved foods cause stomach and intestinal cancerous growths [tumors]. This may explain the rapidly increased rate of colon cancer in America.

8). The prolonged eating of microwaved foods causes cancerous cells to increase in human blood.

9). Continual ingestion of microwaved food causes immune system deficiencies through lymph gland and blood serum alterations.

10). Eating microwaved food causes loss of memory, concentration, emotional instability, and a decrease of intelligence.

Have you tossed out your microwave oven yet?[^1]

[^1]: The Hidden Hazards Of Microwave Cooking, Anthony Wayne and Lawrence Newell, from [http://www.mercola.com/article/microwave/hazards.htm](http://www.mercola.com/article/microwave/hazards.htm), last accessed 09/20/09
"Natural" does not equal organic! "Natural" is an unregulated term that can be applied by anyone, and is therefore potentially misleading. While the commonly seen food labels "all natural", "free-range" or "hormone-free" signify that the food has been raised or grown humanely, only the "USDA Organic" label indicates that a food is certified organic.

### Pesticides

Because organophosphates are persistent pesticides that remain in the environment and in the human body for many years, they can be passed from mother to child in the womb, as well as through breast milk. Some exposures can cause delayed effects on the nervous system, even years after the initial exposure.

A 2005 Journal of the American Medical Association study reported the incidence of illness linked to pesticide use in and around U.S. schools is on the rise.

These pesticides/insecticides have been linked in animal studies to:

- developmental delays,
- behavioral disorders,
- and motor dysfunction.

<table>
<thead>
<tr>
<th>Lowest Pesticide Use</th>
<th>Highest Pesticides Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>Apples</td>
</tr>
<tr>
<td>Avocados</td>
<td>Bell Peppers</td>
</tr>
<tr>
<td>Bananas</td>
<td>Celery</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Cherries</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Grapes (imported)</td>
</tr>
<tr>
<td>Corn (sweet)</td>
<td>Nectarines</td>
</tr>
<tr>
<td>Kiwi</td>
<td>Peaches</td>
</tr>
<tr>
<td>Mangos</td>
<td>Pears</td>
</tr>
<tr>
<td>Onions</td>
<td>Potatoes</td>
</tr>
<tr>
<td>Papaya</td>
<td>Red</td>
</tr>
<tr>
<td>Pineapples</td>
<td>Raspberries</td>
</tr>
<tr>
<td>Peas (sweet)</td>
<td>Spinach</td>
</tr>
<tr>
<td></td>
<td>Strawberries</td>
</tr>
</tbody>
</table>

Try to soak foods in one tablespoon vinegar to one gallon water before washing or eating. Some of the natural fruit and vegetable cleaners are toxic themselves.

The best option is to eat a varied diet, wash all produce, and choose organic when possible to reduce exposure to potentially harmful chemicals.

### Hormones in Meat & Milk
Since its introduction in 1993, bovine growth hormone (rBGH/rBST) has proven controversial because of its potential carcinogenic effects. Several studies have shown an association between dairy consumption and breast cancer in pre-menopausal women. rBGH has been shown to raise insulin-like growth factor 1 (IGF-1) levels in the body; which have, in turn, been associated with an increased risk of breast cancer. Another food additive of concern is zeranol, a growth promoter used in the beef industry that mimics the effects of natural estradiol in the body. 5

These hormones, known as BGH, are manufactured by giant chemical companies - Monsanto, American Cyanamid, Upjohn and Eli Lilly together with Dow- who anticipate $500-million annual worldwide sales. 6

In 1989, the European Economic Community banned hormone-raised meat because of questions on the dangers of meat that has been treated with synthetic sex hormones. European consumers pressured the EEC to take this action to protect their health.

American consumers evidently did not do enough. We still have synthetic hormones in our meats. Contamination of meat with residues of the thousands-fold more potent estradiol remains ignored. By conservative estimates, the amount of estradiol (from Synovex-S, a legal growth hormone) in two hamburgers eaten by an 8-year-old boy could increase his hormone levels by 10%. A dime sized piece of meat contains billions of molecules, of which only one or two are particles are need to set a chain of carcinogens into a mutation and cancer cycle.

Breast cancer is a primary concern in light of associations between breast cancer and oral contraceptives, whose estrogen dosage is known and controlled. The risk of breast and other cancers only increases with the uncontrolled use of hormones in meat. Hormone residues can not be differentiated from natural hormones created by the cow's body. As a result, the use of hormones to boost meat production is completely unregulated.

"The European ban on hormonal meat should serve as a long- overdue wake-up call for U.S. consumers to demand an immediate ban on hormone use or, minimally, the explicit labeling of hormonal meat products. It should also lead to a congressional investigation of the FDA and USDA for gross regulatory abdication besides suppression of information vital to consumer health. The dangers of U.S. hormonal meat can no longer be ignored, “ said Dr. Samuel S. Epstein, the chairman of the Cancer Prevention Coalition. 7

That was in 1989. Nothing seems to have changed. We have to learn to protect ourselves.

5 http://www.breastcancerfund.org/site/pp.asp?c=kwKXLdPaE&b=3959165, last accessed 09/20/08
6 http://www.preventcancer.com/press/editorials/july27_89.htm, last accessed 09/20/08
7 http://www.preventcancer.com/consumers/general/hormones_meat.htm, last accessed 9/21/08
Mercury Works Its Way Into the Food Chain

Mercury gets into the air from industrial activities such as chlorine production, power generation from coal, garbage incineration, automobile recycling, and some mining and manufacturing processes. The airborne mercury then works its way into our land and water where microorganisms covert it into methylmercury, a more dangerous kind of mercury. The methylmercury then enters our food chain and becomes more and more concentrated as larger predator fish gobble up smaller ones.

Other sources of mercury are from dental fillings. Today, dentists are the third largest user of mercury in the U.S., consuming over 40 metric tons of mercury annually with most eventually released into the environment. The average dentist's office produces up to a kilogram of mercury waste every year, according to estimates. Environment Canada says it all adds up to about two tons of toxic material--the same amount that coal-fired power plants spew into the air.\(^8\)

Mercury effects:

- short-term exposure to high concentrations of mercury vapor has harmful effects on the nervous system, digestive system, respiratory system, and kidneys;
- long-term exposure to mercury can permanently damage the brain and kidneys at any age;
- long-term animal studies have also found that exposure to organic mercury (such as methylmercury) at high levels can cause nervous system damage; damage to the kidneys, stomach, and large intestine; changes in blood pressure and heart rate; adverse effects on male reproductive organs, sperm, and developing fetuses; and an increase in the number of spontaneous abortions and stillbirths.

More than 40 states have released local-fish advisories tied to mercury, and recent US EPA data show that more than three-quarters of fish sampled from the nation's lakes had mercury levels that may be unhealthy for women of childbearing age and children younger than 3. (And the rest of us can take our chances, I guess.) The FDA advises that you check with your state government for advisories about the safety of fish in your local lakes, rivers, and coastal areas. If no advice is available, they recommend you eat no more than 6 ounces per week of any fish you catch from local waters and that you not consume any other fish during that week.\(^9\)

Genetically Modified Organisms

We live in a ridiculous world.

\(^8\) [http://tuberose.com/Mercury_Disposal.html](http://tuberose.com/Mercury_Disposal.html), last accessed 09/20/08
In the genetic modification world, they have taken a gene from spiders and implanted it into goats, in the hope to make a fiber that can be used to make bullet proof vests. We have pigs with fluorescent noses, and cow’s skin. And now we have foods that have been altered and added to our food chain without any testing.

If you have not read about this, please begin to educate yourself. I cannot begin to give you all the information in this short format. The must access website is http://www.seedsofdeception.com. Jeffrey M. Smith, is the author of the world's best-selling book on genetically engineered foods. You won’t be disappointed in his information…you will be shocked and horrified!

Another book by Smith, Genetic Roulette, is another ground breaker listing 65 health risks connected with GMO’s.

If anything, you have a chance to be part of a tidal wave. Do not buy GMO foods. Smith says that even a 5-10% change in purchasing of GMO foods would help the complete rejection of remaining GMO’s in food products.

Here is a summary of what crops, foods and food ingredients have been genetically modified as of July, 2007. This was taken from http://www.seedsofdeception.com, the must read website with

**Currently Commercialized GM Crops in the U.S.:**
(Number in parentheses represents the estimated percent that is genetically modified.)

- Soy (89%)
- Cotton (83%)
- Canola (75%)
- Corn (61%)
- Hawaiian papaya (more than 50%)
- Alfalfa, zucchini and yellow squash (small amount)
- Tobacco (Quest® brand)

**Other Sources of GMOs:**

- Dairy products from cows injected with rbGH.
- Food additives, enzymes, flavorings, and processing agents, including the sweetener aspartame (NutraSweet®) and rennet used to make hard cheeses
- Meat, eggs, and dairy products from animals that have eaten GM feed
- Honey and bee pollen that may have GM sources of pollen
- Contamination or pollination caused by GM seeds or pollen
Some of the Ingredients That May Be Genetically Modified:

Vegetable oil, vegetable fat and margarines (made with soy, corn, cottonseed, and/or canola)

Ingredients derived from soybeans: Soy flour, soy protein, soy isolates, soy isoflavones, soy lecithin, vegetable proteins, textured vegetable protein (TVP), tofu, tamari, tempeh, and soy protein supplements.

Ingredients derived from corn: Corn flour, corn gluten, corn masa, corn starch, corn syrup, cornmeal, and High-Fructose Corn Syrup (HFCS).

Some Food Additives May Also Be Derived From GM Sources:

The list may change as we encounter new information: ascorbic acid/ascorbate (Vitamin C), cellulose, citric acid, cobalamin (vitamin B12), cyclodextrin, cystein, dextrin, dextrose, diacetyl, fructose (especially crystalline fructose), glucose, glutamate, glutamic acid, gluten, glycerides (mono- and diglycerides), glycerol, glycerol, glycine, hemicellulose, hydrogenated starch hydrolates, hydrolyzed vegetable protein or starch, inositol, invert sugar or inverse syrup, (also may be listed as inversol or colorose), lactic acid, lactoflavin, lecithin, leucine, lysine, maltose, maltitol, maltodextrin, mannitol, methylcellulose, milo starch, modified food starch, monooleate, mono- and diglycerides, monosodium glutamate (MSG), oleic acid, phenylalanine, phytic acid, riboflavin (Vitamin B2) sorbitol, stearic acid, threonine, tocopherol (Vitamin E), trehalose, xanthan gum, and zein.

Some of the Foods That May Contain GM Ingredients:

Infant formula
Salad dressing
Bread
Cereal
Hamburgers and hotdogs
Margarine
Mayonnaise
Crackers
Cookies
Chocolate
Candy
Fried food
Chips
Veggie burgers
Meat substitutes
Ice cream
Frozen yogurt
Tofu
Tamari
Soy sauce
Soy cheese
Tomato sauce
Protein powder
Baking powder (sometimes contains corn starch)
Powdered/Confectioner's sugar (often contains corn starch)
Confectioner’s glaze
Alcohol
Vanilla
Powdered sugar
Peanut butter
Enriched flour
Vanilla extract (sometimes contains corn syrup)
Pasta
Malt
White vinegar

Non-Food Items That May Contain GM Ingredients:

Cosmetics
Soaps
Detergents
Shampoo
Bubble bath

The site www.truefoodnow.org offers an extensive list of foods by brand and category, indicating if they have GM ingredients.

Unsafe Ingredients in Our Foods

One person can make a difference.

Take for instance, Victoria Inness-Brown, M.A.. She says, ‘I WANTED VISUAL PROOF. I did my aspartame experiment because my family was addicted to diet soda. After researching the effects of aspartame, I strongly believed the artificial sweetener might one day lead to their illness and even early death.”

So she did what every good mother would do; she raised 108 rats for 2 years and 8 months until their spontaneous deaths. She fed them the equivalent of ¾ can of diet pop to provide visual proof for her family. She also provided proof for the world, as her

pictures are the first ever released from any study. She has changed me…with her spirit and her ….. I hope she changes you.

She actually bred her own rats, as the strains you could buy were already inbred, and genetically inferior. She said “most of the observable symptoms occurred during the last third of the rat’s life-span, illuminating the information that the adverse effects of aspartame are cumulative.”12

Flaxseed Muffin a Day Keeps Cancer at Bay
A recent Canadian study from a major hospital involved in breast cancer prevention research found that a single flaxseed muffin a day with 50 grams of ground flaxseed could keep breast cancer at bay. The researchers found there was a “slowing down in tumor growth” in breast cancer patients fed flaxseed muffins.

"Our results are very exciting because this is the first time anyone has demonstrated these changes in breast cancer with any dietary component," says Dr. Paul Goss, director of the breast cancer prevention program at Princess Margaret Hospital and the Toronto Hospital.

Earlier animal studies have shown that flaxseed has anticancer properties, but the researchers were surprised by how potent the effect appears to be in people.

"It encourages us to believe this is a very significant biological effect in women and we are heading towards more definitive proof that dietary flaxseed may prevent breast cancer," Goss said.

12 http://myaspartameexperiment.com/index.php?page=2, last accessed 09/20/08
Goss presented his research team's finding in January at an international breast cancer conference in San Antonio, Tex.

The study involved 50 women who had been recently diagnosed with breast cancer. While waiting for their surgery, the women were divided into two groups. One group received a daily muffin containing 50 grams of ground flaxseed, about 30 milliliters (two tablespoons). The others were prescribed ordinary muffins.

When their tumors were removed usually within 40 days of diagnosis the researchers examined them for signs of how fast the cancer cells had been growing. It turned out that the women who had received the flaxseed muffins had slower-growing tumors than the others. 13

"I've been recommending flax seeds and flax seed oil for years," says Christiane Northrup, M. D., one of America's leading experts on women's health. "Flax seed is the highest known source of anti-cancer and phytoestrogenic compounds known as lignans - a concentration more than 100 times greater than other lignan-containing foods such as grains, fruits, and vegetables. Lignans are plant substances that get broken down by intestinal bacteria into two main mammalian lignans - enterodiol and enterolactone. These lignans then circulate through the liver and are later excreted in the urine. There are a number of reasons why we all should be interested in incorporating more lignans into our diet. The following are some of the most compelling: 1 Lignans have potent anti-cancer effects. An impressive number of studies have shown that flax seed lignans are very potent anti-cancer agents for both breast and colon cancer because of their ability to modulate the production, availability, and action of hormones produced in our bodies. 2 Lignans are potent phytoestrogens. In women who consume flax seed oil, studies have shown significant hormonal changes and decreased estradiol levels - alterations similar to those seen with soy isoflavones. This makes flax seed oil or meal a great choice for women who can't use soy or who simply want another source of phytohormones."

http://www.barleans.com/literature/flax/71-flax-muffin-a-day.html

http://www.barleans.com/literature/flax/71-flax-muffin-a-day.html