If the diet is wrong, medicine is of no use. If the diet is correct, medicine is of no need. ~an Ayurvedic Proverb

What is Cancer?
Cancer is a type of disease when abnormal cells divide/grow uncontrollably and can invade other tissues (National Cancer Institute Dictionary).
(See video at https://www.merckmanuals.com/home/multimedia/video/overview-of-cancer)

History -
Genetics
Environment
Epigenetics
"Forks Over Knives"
0:24:38 to 0:28:28

Risk Factors
Infections / Inflammatory Disorders
HPV, HepB, HepC, Hpylori,
Parasites,
Inflammatory Bowel Disease

lifestyle Choices (good or bad)
Diet
Obesity
Exercise
Smoking
Exposures
(Radiation/Chemicals/etc)

Inflammation and Cancer

Figure 1
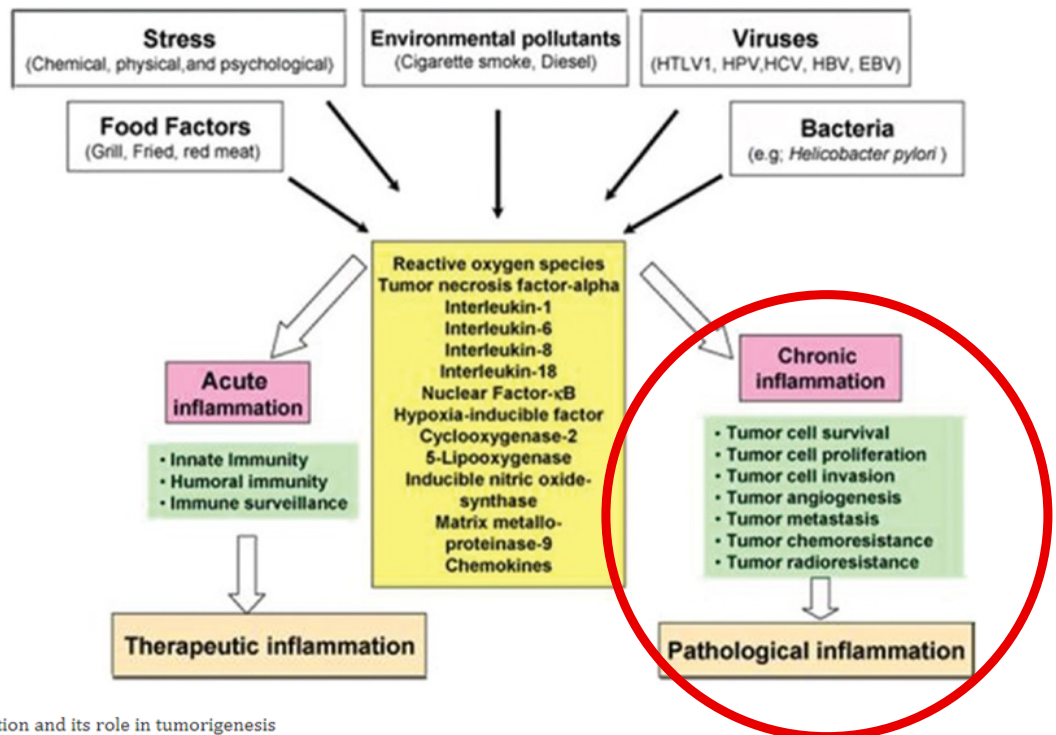
Different faces of inflammation and its role in tumorigenesis

Singh N, Baby D, Rajguru JP, Patil PB, Thakkannavar SS, Pujari VB. Inflammation and cancer. Ann Afr Med. 2019 Jul-Sep;18(3):121-126. doi: 10.4103/aam.aam_56_18. PMID: 31417011; PMCID: PMC6704802.

Chronic Inflammation puts one at higher risk for producing cancer cells

So, How Do I Eat to Prevent Cancer?

1. Eat more Fiber - found only in plants, not found in animal products at all
- moves harmful substances through so it does not sit and fester in the colon
- reacts with good bacteria in our colon to increase acidity and immune protection
- keeps cancer-producing reactions from forming between bile acids & gut bacteria
- we need to eat at least 30-40 grams fiber every day for best health benefits

2. Eat more plants in general -
- high in fiber, low in fat, high in phytochemicals, antioxidants, and vitamins that boost immunity to fight cancer

3. Avoid saturated fats, only found in animal products, not found in plant products
- studies show that diets high in saturated fats cause higher risk of getting cancer as well as dying from cancer
- people who eat beef or pork 5-6x/wk have a 200% higher chance of breast cancer than those who don't
- meat and dairy intake have a proven correlation with prostate and ovarian cancers
- especially dangerous are processed meats (bacon, deli meats), moreso when they are grilled/fried
- in a study of 21 cancers in 150+ countries, eating flesh products was as bad as smoking for risk of cancer, possibly due to the increased production of Insulin-like Growth Factor (IGF-1) which causes cancer.
- in order to have an anti-cancer benefit, eat no more than 15% of total calories from fat; avoid saturated fats

4. Avoid dairy products
- dairy products contain IGF-1, which causes cancer
- sugars in milk (galactose) accumulate in the ovaries and cause cancer. The Iowa Women's Health Study showed that drinking 1 cup milk per day had 73% higher chance of ovarian cancer than those who don't

5. Avoid tobacco and alcohol - both are well-known carcinogens (cancer-forming products)

Sources:

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