

Foods Causing Cancer

By over heating whatever food you eat, hundreds of different mutagenic substances originate.

The more protein food contains, the more mutagenic substances originate due to over-cooking etc. If we only live long enough, these substances eventually will cause cancer.

The activity of antioxidants is very limited. Not even large amounts of all the (semi-) antioxidants in the world combined can disarm a substantial part of these mutagenic substances. The only way to effectively prevent cancer, is to prevent absorption of mutagenic substances from over-cooked and processed food. Consume as little over-cooked and processed food (proteinous processed food in particular) as possible.

Mutagenic Substances in Processed Food

Consuming processed meat increases lung cancer- **(1)**, breast cancer- **(2)**, prostate cancer- **(3)**, and colon cancer-risk **(4)**. This only means that processed meat contains more mutagenic substances than processed food averagely does. Of course vegetarians get cancer too, though in general a little less **(5)**, because vegetarians do consume overcooked food, but no processed meat.

Processed vegetables contain less mutagenic substances than processed meat. Therefore, 2 out of 3 scientific investigations show that consuming processed soya beans instead of processed meat, causes less cancer. **(6)** And therefore these scientists conclude that '*soy is protective against cancer*'.

This however only means that soy (and other vegetables) causes *less* cancer than other processed foods.

Generally, consuming over-cooked vegetables 'proves to be protective against cancer', simply because consuming vegetables is less cancerous than consuming other processed foods. However, all

over-cooked or processed food (including vegetables) contain mutagenic substances.

Foods that increasing cancer risk most, are processed foods containing much protein (like meat **(7)** and fish **(8)**), much fat **(9)**, cholesterol (like eggs) **(10)** or iodide (like sea-fish, crustaceans and mollusques). **(11)**

Food that has been over-heated, smoked **(12)**, or salted **(13)**, also highly increases cancer risk.

All processed foods contain non-HCA (HCA—Hydrophobic Cluster Analysis) damaged protein, which is partly decomposed in the blood, originating free radicals. All processed foods therefore will eventually cause cancer...if you live long enough.

Over-cooked vegetables are as healthy as 'healthy cigarettes containing 50% less mutagenic substances'.

Processed vegetables are less cancerous than processed meat, but to really lower cancer risk you should consume very little of all processed foods.

Anti-Oxidants

We don't like to change our diet. We rather believe that supplements or vegetables will provide us with substances that protect us against cancer. Unfortunately, such substances do not, and never will exist.

Many 'experts' say that anti-oxidants are 'good', preventing cancer, and oxidative radicals are 'bad'. But that is nonsense. The only reason why they do so, is because you can make lots of money by selling antioxidants to people who are afraid of getting cancer.

Stating that radicals are bad substances is criminal and misleading. To obtain energy from sugars for example, these sugars first have to be oxidized, requiring oxidative radicals. Oxygen radi-

cals also kill bacteria and clean up drug-residues, and are needed to compose hormones, to keep the veins flexible and to regulate blood pressure. Without oxygen radicals, you can't live !!!

However, if external radicals enter the body, these radicals can damage enzymes, organs or cell-DNA/RNA, and cause cancer.

By nature, our body uses antioxidants to prevent damage by natural radicals. But though antioxidants can actively bind to radicals, they can never ever disarm all dangerous exogenous radicals.

Where do those external radicals come from ?

From inhaling polluted air and from consuming over-cooked or processed foods, containing damaged enzymes, proteins or too much minerals.

Most damaged protein cannot easily be decomposed by the digestive enzymes in the digestive tract. Both decomposed - and partly-decomposed proteins are absorbed into the lymph and the blood.

In the blood, radicals and enzymes decompose all substances that shouldn't be there, step by step. By decomposing these substances, very often radicals originate. And sometimes these radicals damage cells before they are completely decomposed.

Can consuming more antioxidants prevent cancer?

Consuming more antioxidants can prevent cancer only if your body has *too little* antioxidants at its disposal. Even though toxic HCA originate oxidative radicals (14), and decrease antioxidant level (15), extra antioxidants cannot prevent the damaging effects of toxic HCA. (16)

To absorb sufficient antioxidants, you only need to consume lots of fruits, (Sunrider's Vita-Fruit is the very best product on the market to provide you antioxidants that you can absorb on the market outside of fruit.) containing all the antioxidants you need. Consuming more of a supplemental form of antioxidants can not help you to prevent cancer.

Don't force your body to absorb more antioxidants by taking supplements. Supplements are far too concentrated, not allowing the body to avert excessive antioxidants.

But how can too much antioxidants ever be bad ?

Antioxidants like vitamin C, E and beta-carotene actively bind to radicals. Antioxidant excess inhibits the useful functions of radicals, like decomposing tumor-cells, and can therefore enhance cancer!! (17)

Radicals also kill mutagenic substances from cigarette smoke. Consuming supplementary β -carotene therefore inhibits protective action of radicals, *increasing* lung cancer risk. (18)

An aggressive type of breast cancer produces its own vitamin E, enhancing its own growth, causing radicals-deficiency. (19) And excessive vitamin C can cause cancer by activating mutagenic HCA from food (20) and can also enhance cancer because tumors need vitamin C to grow. (21) Vitamin C also increases transformation of harmless iron into pro-oxidative free iron. (22)

To prevent antioxidants from causing damage, you should not take supplements.

Simply eat as much Live Whole Food as you can, to allow the body to absorb sufficient, but not too much antioxidants. Your body can much more effectively regulate absorption of antioxidants from live whole food.

Note : Some people are allergic to specific substances in specific fruits, so increase fruit consumption gradually to make sure you can safely eat those fruits.

Medicinal herbs containing phyto-estrogens have been used as medicines for ages ; phyto-estrogens from oregano, verbena, thyme, red clover and diamana can bind to progesterone-receptors, lowering progesterone level. Phyto-estrogens from liquorices, red clover, thyme, hop and verbena can bind to estrogen receptors. (23)

Humans cannot eat soya beans in their natural state. After sprouting though they can be con-

sumed. Unsprouted soya beans contain different substances inhibiting digestion and absorption of nutrients. Consuming lots of unsprouted soy enhances vitamin A, -B12, -D and -E deficiencies. (24)

These inhibiting substances are partly destroyed due to the preparation process, but the preparation process unfortunately also originates new mutagenic substances in soy. (25)

Soya beans contain insoluble fiber, enhancing bacterial decomposition of nutrients in the intestinal tract, and initiating gasses. Soya flour contains polyurones, which can only partly be decomposed in the colon. Soy also contains phytate, which is only partly destroyed by heat, inhibiting absorption of minerals and probably vitamin B1. Soy also contains arabinoxylanes and tannins inhibiting digestion.

Sources

Abstracts of most sources can be found at [the National Library of Medicine <http://www.ncbi.nlm.nih.gov/pubmed>](http://www.ncbi.nlm.nih.gov/pubmed)

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