

Family Chiropractic

*Courtesy of Harbourfront Family Chiropractic
by Dr. Warren Gage*



Can hotdogs cause cancer?

Seventy-five per cent of all Americans do not even eat five servings a day of fruits or vegetables. That is bad enough. It is even worse with cancer patients. A study of over 9,000 survivors of six different types of cancer showed that only 15 to 19 per cent were meeting the "5-A-Day" recommendation. That means that 81 to 85 per cent were not. The researchers commented that these findings indicate that even a cancer diagnosis may fail to improve fruit and vegetable consumption.

Better nutrition helps cancer patients live longer. This may seem too obvious to state, but its significance is still hidden from the people who most need to know it: the cancer patients themselves. Another study found that "the majority of new patients with cancer presenting to a medical oncologist are at risk of malnutrition or malnourished." Specifically, 66 per cent of patients were either at risk for malnutrition or malnourished. In other words, two out of three new cancer patients are eating wrong.

The best solution is prevention, and prevention has to start long before cancer. In fact, it starts before birth. A recent review looked at 45 years of research on the protective effect of prenatal vitamin supplementation on the frequency of childhood cancer. It concluded that "maternal ingestion of prenatal multivitamins is associated with a decreased risk for pediatric brain tumors, neuroblastoma, and leukemia." Vitamin supplements reduced the chance of a brain tumor by 27 per cent, and lowered children's leukemia risk by 39 percent. Clearly, prenatal vitamin supplements are very important cancer fighters.

Prevention must then be continued throughout childhood. To illustrate how extraordinarily important vitamin sup-

plements are, consider this: Children who eat hot dogs once a week actually double their risk of a brain tumor. Kids eating more than 12 hot dogs a month have nearly 10 times the risk of leukemia as children who eat none. However, hot-dog-eating children taking supplemental vitamins were shown to have a reduced risk of cancer.

What are hot dog eaters exposed to? Hot dogs and other "cured" meat products typically contain chemical additives such as sodium nitrite, a color and anti-bacterial preservative that has long been suspected as promoting cancer.

The good news is that vitamins such as vitamin C help counteract harmful byproducts (nitrosamines) of heating and eating nitrates. Perhaps this is why nutritionally-oriented physicians have for so long been advocating vitamin supplements along with a no-junk-food diet for children. In addition to cancer prevention, vitamins are part of the cancer cure. Abram Hoffer, M.D., has had considerable success using high doses of vitamins as supportive therapy for over 1,500 cancer patients. He writes that such treatment "has increased the longevity from 5.7 months to approximately 100 months, which is very substantial, and half of the patients are still alive." Vitamin supplements dramatically reduce side effects of cancer therapy, and yet vitamins do not otherwise interfere with conventional cancer treatments such as radiation or chemotherapy. This makes nutritional therapy perfect for adjunctive cancer treatment, and a very good idea for cancer prevention.

People fighting cancer, or wanting to prevent it, need to eat better. That means a greater nutritional intake, far more vitamins, and far fewer hot dogs.

Source: <http://www.orthomolecular.org>