

## CANCER PREVENTION

### DIET

1. Everything you eat should be as fresh as possible. Spoiled, moldy, or rancid foods, especially if they contain rancid or oxidized fats or oils, are high in carcinogens, such as aflatoxin. Consume perishables before they go bad or put them on the compost pile unless they are meat, bones, or foods high in grease or oil. Reduce your consumption of preserved foods unless they are fermented. (See #6 below.) Choose fresh, raw foods over canned or even frozen foods. Just picked is even better. We recommend growing your own vegetables and fruits, if possible.
2. Reduce your consumption of deep-fat fried foods, especially French fries, which are often made in old, rancid oil or hydrogenated oil, which is a totally artificial form of fat. Try to reduce your consumption of beef and pork, which are high in fat, much of which is polyunsaturated and becomes oxidized more quickly. Eat more fresh fish from unpolluted waters, lamb, fowl, and wild game.
3. Increase your consumption of foods high in vitamin C: oranges, limes, lemons, green peppers, hot peppers, ripe tomatoes, etc. Use natural vitamin C powder mixed into freshly-squeezed orange juice if you want to increase your vitamin C intake. Most people need much more vitamin C than the RDA or %DV, but you don't want to drink too much orange juice because of its high sugar content. Also, add some juice from fresh lemons or limes to the orange juice to provide a more complete intake of vitamin C and the synergistically-acting bioflavonoids (sometimes called vitamin P). Vitamin C is vital in keeping the immune system functioning properly.
4. Avoid fat and sugar. Try to reduce your consumption of ice cream, which has high levels of fat and sugar, plus usually artificial coloring and flavoring. Avoid margarine completely. Some margarines still contain polyunsaturated, hydrogenated fat and often have artificial coloring and flavoring. Butter or olive oil, used sparingly, is better. Reduce your intake of processed oils, mayonnaise, salad dressings, etc.
5. Reduce your consumption of salt, except possibly in miso soup, because some cancerous cells are high in sodium and low in potassium, which is the exact opposite of normal cells. Vegetables, fruits, and cereals are high in potassium. Eat organic produce that is unsprayed with pesticides so you don't have to wash them very much. Potassium is water soluble and is easily lost by soaking or washing the fruits and vegetables in water. Avoid water softeners that add sodium and remove vital minerals such as calcium and magnesium in the water. Drink hard water that contains these minerals. Use bottled spring water if local water is soft or polluted.
6. Eat more fermented foods, especially miso soup and low-fat yogurt without sugar, fructose, honey, etc. These foods contain lactobacilli and other bacteria and fungi which may have antitumor and cholesterol-reducing properties.
7. Increase your consumption of yellow, orange, and dark green vegetables and fruits, which are high in beta-carotene, a potent anti-carcinogen, such as:

Butternut squash, golden acorn squash, spaghetti squash, zucchini and other squashes,  
Cantaloupe, papaya, mango, and other tropical fruits,  
Carrots, parsnips, and related vegetables,  
Peaches, apricots, plums, and nectarines,  
Seaweeds, as in sushi—nori, kombu, hijiki, wakame,  
Spinach, beet greens, dandelion greens, turnip greens, collard greens, swiss chard and kale,  
Sweet potatoes, yams, and other root vegetables.

8. Increase your consumption of chlorophyll and folic acid, which means eating more green vegetables, such as alfalfa sprouts, other sprouts, dark green lettuces, spinach, swiss chard, kale, collard greens, cabbage, broccoli, and peas. Chlorophyll has free radical-reducing properties. Free radicals are extremely reactive molecules thought to cause mutations in DNA resulting in cancer. Folic acid, one of the B vitamins, is necessary for many of the metabolic processes in the body, including the synthesis of DNA and RNA. Folic acid is vital for proper cell growth and division. A deficiency of folic acid is one of the most common vitamin deficiencies and may be partly responsible for the high rates of cancer in this country.

9. Increase your fiber intake: oat bran or oatmeal, rice bran or brown rice, wheat bran or whole wheat products, barley, and other grains unless you have digestive problems with gluten<sup>1</sup>. Other foods that are high in fiber include dried apricots, prunes, figs, kumquats and artichokes. Fiber reduces stool transit time by providing bulk, which helps speed up the elimination of carcinogens from the intestinal tract. Fiber may therefore help prevent colon cancer. Fiber also reduces blood cholesterol levels.

10. Increase your intake of cruciferous vegetables: broccoli, cauliflower, cabbage, and brussel sprouts. These vegetables contain chemicals that have antitumor properties. They also provide calcium from a non-dairy source; calcium may help prevent certain forms of cancer, such as colon cancer.

11. Increase your consumption of tomatoes and tomato sauce. Tomatoes contain lycopene, which is a potent antioxidant that appears to protect against prostate cancer.

12. Try to eat more soy beans and soy bean products, such as tofu and miso, unless you are allergic to soy products<sup>2</sup>. Soy beans contain genistein, which protects against breast cancer by binding to estrogen receptor sites and blocking the activity of estrogen.

13. Try green tea instead of soft drinks. Green tea does contain caffeine, so it may not be for everyone. (Many soft drinks contain caffeine, too.) Green tea contains polyphenols, a potent antioxidant. It also contains catechins, which inhibit the growth of new blood vessels, thus impeding the flow of nutrients to tumors.

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<sup>1</sup> [Gluten sensitivity](#)

<sup>2</sup> [Top Eight Food Allergies](#)

14. Increase your consumption of blueberries and other berries. They contain anthocyanins that prevent free radical damage linked to heart disease and cancer.
15. Eat more avocado, which is one of the richest sources of the antioxidant glutathione, which helps reduce free radicals and blocks the absorption of harmful fat in the intestinal tract.
16. Eat more garlic, onions, chives and asparagus. These foods contain selenium, which has anti-cancer properties. They also contain diallyl disulphides, which are believed to prevent cancer. Other sources of selenium include seafood and meats.
17. Consume more nuts unless you are allergic to certain nuts. Nuts, such as pecans and walnuts, contain a chemical called ellagic acid. In studies, ellagic acid causes apoptosis, where cells that turn cancerous or that have mutations commit suicide. Nuts also reduce the levels of the bad LDL cholesterol and increase the levels of the good HDL cholesterol. In addition, they are high in the antioxidant vitamin E.
18. Eat more seafood, such as salmon, herring, mackerel, and bluefish. These fish contain high levels of omega-3 fish oils, because of their position near the top of a marine food chain beginning with algae that are high in omega-3 fatty acids. Omega-3 fatty acids lower the levels of triglycerides and the bad form of cholesterol (LDL) in the blood and seem to reduce inflammation, which may be a factor in heart disease and cancer, as well as in autoimmune diseases, such as arthritis.
19. Reduce your alcohol consumption if you drink. Alcohol may be a promoter of cancer by altering hormone levels in the body. Some cancers, such as breast and prostate cancer, may be related to elevated levels of certain hormones in the body.
20. Reduce your caloric intake. Reduce your body weight if you are overweight. Studies on laboratory animals show that caloric restriction extends their life spans significantly and reduces the incidence of tumors. Also, breast cancer mortality rates seem to be directly proportional to fat and sugar intake, and also to body mass (height and weight). So eat small portions of highly nutritious, but low in fat foods that are as fresh and unprocessed as possible<sup>3</sup>.

## **EXERCISE**

1. Increase your energy expenditure. Exercise improves elimination of toxins, blood circulation, and oxygen intake or uptake—all of which are believed to be beneficial in warding off cancer. Also, exercise, along with caloric restriction, is the fastest and best way to lose weight. If you find it hard to motivate yourself to exercise, seek out a friend or relative to join you.
2. Avoid excessive stress. Stress increases cortisol levels in the body which boosts blood sugar levels and suppresses the immune system. Stress alone can often bring on disease. Exercise reduces stress through the production of endorphins, which are natural

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<sup>3</sup> [Top Ten Highest Nutrient Foods](#)

opiate-like substances, in the brain, but both exercise and stress "burn up" the B-vitamins so be sure to increase your intake of the B-complex vitamins.

### **OXYGEN INTAKE**

1. As mentioned above, exercise increases oxygen levels in the body, but does this more effectively if you exercise outdoors.
2. Sleep in a well-aerated room for maximum oxygen uptake during our body's rest and repair period. Although rarely possible for most people, sleeping outdoors in a secure, enclosed porch, sunroom, cabaña, or tent would be even better. Studies show that some cancerous cells don't grow or their growth slows if they are bathed in high levels of oxygen.
3. Avoid as much pollution as possible, including pollution found in the home, office, or elsewhere from carcinogenic chemicals used in the workplace or from harmful chemicals "outgassing" from plastic or pressboard furniture, building materials, copying or blueprint machines, paint, smokers, and so on. The liberal use of houseplants inside your home and office will help to clear the air of toxins.

### **NATURAL LIGHT**

1. Increase your exposure to natural light, but don't overdo it, especially if you are light-skinned. Some cancerous cells don't grow or their growth slows when they are exposed to visible light. Also, our eyes contain receptors that stimulate the production of certain hormones—including our sex hormones—but only if these receptors are exposed to natural light, which is usually much more intense and has a different spectral characteristic than artificial lighting. Altered hormone levels in the body could be responsible for some forms of cancer. Avoid long exposure to undiffused fluorescent light, which may possibly cause skin cancer. Spend more time outdoors. On hot, sunny days, stay more in the shade to avoid sunstroke, sunburn and possible skin cancer later.
2. Exposure to natural light has been found to suppress appetite and weight gain.
3. Sleep in a completely dark room for maximum production of hormones, such as melatonin, needed for the deepest, most restful sleep. (Melatonin also happens to be a powerful antioxidant.) Sleep disturbances could be responsible for weight gain and other health problems.

### ***SUMMARY***

1. The bottom line on preventing cancer seems to be reducing the intake of animal products and processed or manufactured foods, and increasing the consumption of plant products, especially colorful fruits and vegetables and soy products, such as tofu, miso, and edamame, which are boiled green soy beans.

2. Other possible preventive factors are the consumption of seafood/EPA (eicosapentaenoic acid) and monounsaturated oils, such as olive oil and avocados. Avoiding trans-fatty acids, hydrogenated fats in margarines and processed foods, and oxidized (burnt) cholesterol and fats may also be useful.
3. Eating more fermented foods such as miso, sauerkraut, and yogurt may help prevent cancer. These lactobacilli-containing foods may have anti-cancer properties.
4. Consuming anti-estrogens like soy products, unless you are allergic to soy, may prevent breast cancer.
5. Reducing total caloric consumption may help prevent cancers of all types. Pushing away from the dinner table before you are completely full may be a good policy to follow.
6. Exercise seems to prevent cancer, especially the hormone-related cancers such as breast cancer and prostate cancer.
7. Stress-reduction is another preventive factor that may be effective.
8. Maintaining a social network seems to be important, not only to our overall health, but to preventing cancer.

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