

New Discovery: Chemotherapy Causes Cancer



You probably don't need much convincing about the dangers of cancer drug therapies... ..but a new study suggests that chemotherapy treatments may unintentionally CAUSE cancer cell growth!

How can this be? Keep reading and I'll explain. . .

A research team led by Fred Hutchinson Cancer Research Center was surprised to find that chemotherapy drugs can make healthy cells go rogue and turn into something called fibroblasts.

Fibroblasts are cells that help strengthen connective tissue, help wounds to heal and assist in collagen production. But according to study results published in Nature Medicine, the scientists noticed something strange in healthy fibroblasts located close to cancer cells targeted by chemotherapy treatments.

The research team found that chemotherapy drugs caused these normal cells to pump out more of a protein called WNT16B.

Problem is...the excess WNT16B caused nearby cancer cells to GROW and invade surrounding tissues.

This could help explain why secondary cancer sometimes resurfaces months or even years after chemotherapy treatments. And that's not all...

The researchers noticed that high levels of this protein also caused these cancer cells to become resistant to the chemotherapy drugs!

Surely the last thing Big Pharma wants to know is that its chemo drugs can actually grow mutant cancer cells that are immune to chemo!

But there seems to be little chance conventional medicine will suspend the use of these drugs. The researchers suggested adding another drug to the chemo treatments—that is, one to suppress the excess WNT16B protein.

So in this case, mainstream medicine holds true to form in its search for additional ways to market synthetic poisons.

The best thing to do is take preventive measures against the disease. One new study suggests a first step may be to alter your diet...

The food/cancer connection

You probably know all too well that many foods are laced with chemicals and other substances that are known carcinogens.

So you won't be surprised to learn a recent study from Great Britain determined that food is a controllable risk factor that likely accounts for 35 to 45 percent of all cancer cases!

The study, published online July 23 in the journal *Gut*, specifically examined how antioxidants affected pancreatic cancer risk.

Dr. Andrew Hart of the University of East Anglia led the research team that tracked the long-term health of more than 23,000 study participants. They ranged in age from 40 to 74 and had their dietary activity tracked between 1993 and 1997.

Each person kept a food diary tracking the kind of food, amount and preparation method for every food eaten during a seven day period.

After 10 years, 49 participants had been diagnosed with pancreatic cancer. The number increased to 86 by 2010.

The researchers determined that people whose diets had higher intakes of selenium and vitamins C and E were 67 percent less likely to develop pancreatic cancer!

In spite of the impressive results, the researchers were cautious about stating that these findings establish a "cause and effect" relationship. The team said these findings merely suggest that a diet featuring plenty of antioxidant rich foods reduces the risk of pancreatic cancer.

If this is so, you're probably wondering...

What to eat—and what NOT to eat!

If foods can impact your risk of disease, it's probably a good idea to review some of the best and worst choices you can make. Let's start with some nutrient-rich food choices...

Research shows selenium, combined with vitamin C, vitamin E and beta-carotene, helps block chemical reactions that create free radicals. These molecules cause cell damage that can lead to cancer.

If you're interested in bulking up on selenium-rich foods, the National Institutes of Health (NIH) says some of your best choices include:

Brazil nuts

Eggs

Fish (tuna, halibut, sardines, flounder, salmon)

Grains (wheat germ, barley, brown rice, oats)

Meat and poultry

Mushrooms (button, crimini, shiitake)

Shellfish (oysters, mussels, shrimp, clams, scallops)

Sunflower seeds

Please note that total selenium intake from all sources should be no more than 200 mcg. per day. Selenium is a good thing, but there's such a thing as too much of it. Brazil nuts are especially rich in selenium, they taste great, and all you need is two or three each day to give yourself a therapeutic dose.

As for foods rich in vitamin C and beta carotene, you should stock up on plenty of brightly colored fruits and vegetables like carrots, cantaloupe... citrus fruits... pineapple, broccoli... and red, orange and green peppers.

Some of these same foods as well as your leafy greens are also rich sources of vitamin E.

As for the less healthy options, you probably already know to limit or eliminate foods like these. . .

Fried and processed foods—frying food in oils causes an unhealthy chemical change. Investigators from the University of the Basque in Spain discovered that compounds released from cooking oils significantly increase the risk of various cancers and brain damage.

Grilled meats—a report in the June 2007 Harvard Health Letter states that cooking meat at high temperatures causes a reaction that forms cancer causing heterocyclic amines.

Recombinant bovine growth hormone (rBGH) —this U.S. Food and Drug Administration (FDA) approved synthetic hormone helps increase a cow's milk production. But the American Cancer Society says milk from rBGH-treated cows has higher levels of a hormone called IGF-1 that may cause tumor growth in your prostate, breasts and colon. If a conservative, mainstream outfit like the ACS warns against it, you KNOW there's a problem.

Refined sugar—a study published in the February 2004 Journal of the National Cancer Institute highlights a strong association between a high sugar diet and women's colorectal cancer risk.

Your ultimate goal should be to reduce exposure to substances that destroy your immunity—and bulk up on those that help build a natural cancer shield.