

# The Wellness Express™



Jump on the train to good health

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## Natural Substances Show Promise in Fighting Cancer

Presented by: Back in Line Chiropractic

New research, much of it released in the last six months, reveals compelling results for natural substances helping in the battle against cancer. While traditional cancer drugs do save lives, many of these medications have serious side effects, which can become so intolerable patients are unable to continue using them. As well, these medications can also destroy healthy cells at the same time they kill cancer cells.

### Cheese

It may surprise you to hear that cheese has anti-cancer properties. Although this news was first released in Europe a number of years ago, only recently has the information gained attention in the North American media.

Research from the Netherlands reveals that hard cheeses like Gouda, Emmental and Edam may slash the risk of some cancers. Researchers attribute vitamin K2 found in these types of cheese with an anti-cancer mechanism. While it kills cancer cells, K2 performs another vital function: it stops cancer from creating blood vessels. Without blood vessels to feed it, cancer is prevented from growing and spreading.<sup>1</sup>

Research shows these hard cheeses may help prevent the development of lung, breast and prostate cancer. About 2 slices daily of these cheeses can provide the therapeutic benefits against cancer.

### Saffron

This expensive and highly prized spice has been used medicinally in many world cultures for centuries, including as a natural anti-depressant. Saffron is also an antioxidant and anti-inflammatory.

Now research published in *Hepatology* shows saffron may have powerful protective properties against liver cancer (hepatocellular carcinoma). In the *Hepatology* study, rats were injected with chemicals that induced liver cancer and then were given saffron. The spice slowed cancer cells from spreading and stimulated apoptosis (programmed cell death).

The authors of the research remarked: "This study provides evidence that saffron exerts a significant chemopreventive effect against liver cancer through inhibition of cell proliferation and induction of apoptosis. This report also shows some evidence that saffron

### Exercise of the Week

Abdominal Crunches on Exercise Ball – Reach for Ceiling.

Difficulty: Easy to Moderate

(Consult your chiropractor before engaging in this or any other exercise.)

**Start:** Lie on back over exercise ball so lower portion of ribcage is positioned over center of ball. Let head rest on ball, and relax hips. Keep knees wide apart, and position arms stretched out overhead.

**Exercise:** Engage inner abdominals first by bringing belly button inwards. Then, curl body forward on ball. As you curl forward, reach hands for ceiling. Return to starting position. Repeat 5-15 times.



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protects rat liver from cancer via modulating oxidative damage and suppressing inflammatory response.”<sup>2</sup>

## Whole Ginger Extract

Like saffron, ginger has antioxidant and anti-inflammatory compounds. It is also one of the most widely used substances in traditional herbal medicine of India and Southeast Asia.

In an article published online in the *British Journal of Nutrition*, medical researchers looking into the effects of ginger compounds on prostate cancer discovered that whole ginger extract had considerable power to stop cancer cell growth and promote cell death in a variety of prostate cancer cells. The research indicated that consuming 3 ½ ounces of a whole ginger extract daily could deliver this therapeutic effect.<sup>3</sup>

## Selenium

This important antioxidant mineral has received a fair amount of study by cancer researchers. For many years, it was believed that selenium played a preventative role against prostate cancer. However, more recent research has disputed selenium’s benefit in this area.

But the journal of *Cancer Epidemiology, Biomarkers & Prevention* released research last year that showed selenium intake was linked to a lower risk of developing bladder cancer. According to the study abstract, the researchers noted “a significant protective effect of selenium, mainly among women, which they believe may result from gender-specific differences in the mineral’s accumulation and excretion in women.”<sup>4</sup>

## Coffee

We looked at the health benefits of coffee in an earlier edition of Wellness Express™, but new medical research on coffee has just been released in the last few months.

Coffee may reduce the risk of a specific cancer of the breast called anti-estrogen resistant estrogen-receptor (ER) negative breast cancer. A Swedish study published in the journal *Breast Cancer Research* revealed postmenopausal women who drank five cups of coffee daily had a lower incidence of ER negative breast cancer compared to women who drank only one cup a day. However, the researchers remarked it is unclear what exact compounds within coffee provide this protective effect. The study showed drinking coffee had no influence on reducing ER *positive* breast cancer.<sup>5</sup>

There is also good news for male coffee drinkers. The Harvard School of Public Health published a study that indicated men who consumed six or more cups of coffee daily cut their risk of any form of prostate cancer by 20% *and* they slashed the risk of developing an aggressive type of prostate cancer by a whopping 60%! Now, if you cannot stomach the idea of drinking six cups of coffee a day, you will be happy to hear that even one to three cups of java daily reduces your risk of this aggressive prostate cancer by 30%. The study authors commented the results were identical for caffeinated and decaffeinated coffee.<sup>6</sup>

Always consult with your chiropractor before using supplements and herbal products.

## Quote to Inspire

**“The human spirit is stronger than anything that can happen to it.”**

**- C.C. Scott**

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