

Empower Yourself and Your Loved Ones This October

When I think of October, like everyone else, I envision hues of pink and the slogan, "The Race for the Cure". While finding a cure for the disease that claims 1 in 8 of us, and is thought will overcome heart disease as our number one killer, is admirable, it deeply saddens me to see the **entire** focus of cancer is finding an obscure cure when there is so much that we can do today to help prevent and more effectively battle this frightening and deadly disease. So many lives are lost and pain and fear endured in the meantime.

Michael Greger, MD has said many times that the number one cause of cancer is what we eat and drink. It has more influence on this disease than our genes. It makes sense when you consider that what we consume is the greatest contact that we have with our environment. What I would like to see *year-round* is a greater emphasis on the lifestyle choices that we already know can help to prevent and battle cancer. The research is consistent: animal products and added oils are harmful, plants are protective. It's that simple. If you'd like three very credible and highly respected sources for how nutrition influences cancer and every other chronic, degenerative disease, I recommend the following three doctors and their charitable organizations.

Sound scientific studies continue to demonstrate that nutrition shouldn't be an afterthought. It should be our first thought. It should be the center of our efforts. Dr. Greger scours the peer-reviewed scientific literature for scientifically and clinically significant research studies of nutrition's impact on our health. He compiles what he finds into short, easy-to-understand and easy-to-apply videos that otherwise he says, would likely never see the light of day. Why? It is profitable to treat the symptoms of disease with pharmaceuticals and surgery, but no one stands to make money by suggesting that we change what we eat and drink. If you search "cancer" on Dr. Greger's charitable site, www.NutritionFacts.org, you will find 348 videos related to diet's impact on cancer, and that doesn't even count the site's blogs on the subject.

If you'd like additional information, I highly recommend Neal Barnard, MD's Cancer Project, which is part of Physicians Committee for Responsible Medicine, <http://pcrm.org/health/cancer-resources/>. "The Food for Life: Cancer Project promotes cancer prevention and survival through a better understanding of cancer causes, particularly the link between nutrition and cancer. Through research, education, and advocacy, we are saving lives." Dr. Barnard also wrote, [The Cancer Survivor's Guide: Foods That Help You Fight Back!](#) where he makes it clear that if a change in eating lifestyle is to alter the course of cancer, those changes need to be significant. He also explains that genes are not the only thing we pass down from one generation to the next. We also pass down recipes.

T. Colin Campbell, PhD, Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University led the most comprehensive study on nutrition ever conducted, in conjunction

with Oxford University and the Chinese Academy of Preventive Medicine. His book on this study, [The China Study](#), is a must read. Dr. Campbell explains how food can turn cancer on and off like a light switch and how to make our bodies utterly inhospitable to cancer. His non-profit also has a wealth of information, [T. Colin Campbell Center for Nutrition Studies](#).

I urge you to take control of the most influential aspect of your health by changing what you eat and drink, and to help to spread the word to all whom you care about, so that we can collectively take a proactive role in giving ourselves and our loved ones the best possible chance of a long, healthy life. And while we're at it, let's pledge to go orange!



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