

Diet and Cancer

The China Study Colin Campbell Ph.D

The China Study's is the largest comprehensive study of human nutrition ever conducted. It was launched via a partnership between Cornell University, Oxford University, and the Chinese Academy of Preventative Medicine. The groundbreaking results from the study confirmed that animal protein promotes the growth of cancer. In multiple, peer-reviewed animal studies, researchers discovered that they could actually turn the growth of cancer cells on and off by raising and lowering doses of casein, the main protein found in cow's milk.

The results are simple: Eat plants for health. "People who ate the most animal-based foods got the most chronic disease. People who ate the most plant-based foods were the healthiest."

: [Nutrition / Diet](#); [Cancer / Oncology](#)

Article Date: 18 Mar 2013 - 0:00 PDBT **Breast Cancer Patients Should Avoid High-Fat Dairy Products**

Patients who have suffered from breast cancer should avoid consuming high-fat dairy products in order to improve their long-term survival.

The study, carried out by Kaiser Permanente researchers and published in the *Journal of the National Cancer Institute*, is one of the first of its kind to identify a link between high fat dairy consumption and poorer breast cancer survival.

Other studies have found associations between certain eating habits and breast cancer risk. Researchers from Michigan State University reported in 2010 that a high-fat diet during puberty can increase breast cancer risk later in life, even among females who never become overweight.

Many dairy products contain elevated estrogen levels - high exposure to estrogen may increase the likelihood of breast cancer, according to previous research.

Estrogen levels are highest in fatty dairy products, compared to low-fat dairy.

The investigators analyzed a group of women who were diagnosed with early-stage,

invasive breast cancer between 1997 and 2000.

According to the lead author of the study, Candyce H. Kroenke, ScD, MPH, patients who had a high-fat dairy diet had "higher breast cancer mortality as well as higher all-cause mortality

Insulin-like growth factor I (IGF-I) is a specific type of hormone that has been linked to a potential increased risk of breast cancer.

One study looked at women with a genetic susceptibility to cancer risk, and those with a mutation of the BRCA1 and/or BRCA2 gene (tumor suppressor genes). Apparently, those who inherit a mutation of the BRCA1/BRCA2 gene are up to 80 percent more likely to develop breast cancer within their lifetime. Researchers were trying to determine if IGF-I had a connection to breast cancer risk in women genetically susceptible, which could give insight to controlling breast cancer risk by modifying blood levels of IGF-I. Researchers observed 308 women (209 cases and 99 controls) at high genetic risk for breast cancer, and some were carriers of the altered BRCA1 or BRCA2 gene. The women already diagnosed with breast cancer (referred to as "cases") were matched to those unaffected (referred to as "controls"). By observing IGF-I levels from both groups researchers found that those with the highest levels of IGF-I had a 3.5-fold increased breast cancer risk, compared to those with the lowest. The risk was even greater, with a 3.7-fold increased risk. Women with the altered BCRA1/BCRA2 gene who had the highest levels of IGF-I were seven times more likely to develop breast cancer than those with low IGF-I levels. Researchers conclude that if larger studies can confirm these findings, women with genetic susceptibility for breast cancer will have other methods for decreasing risk, such as focusing on lowering IGF-I.

Recent studies suggest a plant-based diet can do just that. Vegetarian and vegan diets tend to be low in circulating levels of IGF-I. Diets high in a variety of fruits and vegetables can significantly reduce breast cancer development in women with BRCA mutations. Since the BRCA gene is responsible for repairing DNA, it is thought that antioxidants in fruits and vegetables can assist the DNA

repair system. However, foods most know to increase IGF-I stem from animal protein animal proteins, milk, and dairy protein.

References

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The article comes from the Cancer project, which is a collaborative effort of physicians, researchers, and nutritionists who have joined together to educate

the public about the benefits of a healthy diet for cancer prevention and survival. Based in Washington, D.C., The Cancer Project is a program of the Physicians After a patient has been diagnosed and treated with breast cancer, the types of food she consumes may have a significant impact on her long-term survival.

A new study has revealed women who consume higher rates of high-fat dairy products after a breast cancer diagnosis have a much greater chance of dying from recurrence of the disease years later. The research, conducted by scientists at Kaiser Permanente in Oakland, Calif., is published in the Journal of the National Cancer Institute.

The idea to examine breast cancer prognosis in relation to dairy consumption stems from the way milk and dairy are produced in Western culture.

“The way milk and dairy are produced in the western world, through breeding of cows and modification of feed, cows are able to give milk at the same time as being pregnant,” lead author Dr. Candyce Kroenke, staff scientist with the Kaiser Permanente Division of Research, told FoxNews.com. “This leads to higher estrogen rates in the fats of the milk.”

Kroenke said while estrogen resides in the fats of milk regardless, pregnant cows have higher estrogen rates, therefore the milk they produce have much higher rates of estrogen stored in the fat. In nature, pregnant cows are not capable of producing milk until after their calves are born.

While high-fat dairy products made in Western society are generally high in estrogen, dairy products in which the fat was removed – such as skim milk or 1 and 2 percent milk – had effectively lower estrogen levels.

For women who have been diagnosed with breast cancer, higher amounts of estrogen in the body can trigger relapse of the disease. Therefore, Kroenke and

her team theorized that the more high-fat dairy a woman consumed, the higher her chances for breast cancer relapse –