



The Effect of Nutrition Might Increases Future Cancer

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Abstract

According to estimates, dietary changes and a healthy lifestyle alone can prevent 30-40% of all malignancies. Obesity, nutrient-poor meals such concentrated sweets and refined flour products that contribute to impaired glucose metabolism (which causes diabetes) low fibre intake, consumption of red meat, and an unbalanced ratio of omega 3 to omega 6 fatty acids all raise the risk of cancer. Consuming large amounts of fruits and vegetables, particularly lignan-rich flax seed, will reduce the risk of developing cancer. Sprouts from broccoli are the richest source of sulforaphane, and allium and cruciferous veggies are particularly healthy. Selenium, folic acid, vitamin B12, vitamin D, chlorophyll, and antioxidants such carotenoids (-carotene, -carotene, lycopene, lutein, and cryptoxanthin) are protective components in a cancer prevention diet. Orally ingesting ascorbic acid has few advantages however intravenously administering it may be quite advantageous. As dietary countermeasures against cancer, the supplemental use of oral digestive enzymes and probiotics is also worthwhile. It is expected that a diet constructed in accordance with these recommendations will result in at least a 60-70% reduction in breast, colorectal, and prostate cancers, and even a 40-50% reduction in lung cancer, along with comparable reductions in malignancies at other sites. A diet like that would help both avoid cancer and help people recover from cancer.

Keywords: Cancer; Nutrition; Metabolism

Introduction

Nutrition's role in the development of cancer is a topic of extensive research. The importance of nutrition in cancer is becoming increasingly apparent as research advances [1,2]. According to estimates from the American Institute for Cancer Research and the World Cancer Research Fund, eating the right foods, exercising regularly, and maintaining a healthy weight can prevent 30-40% of all malignancies. For some specific malignancies it may be higher than this.

An excessive use of energy

One of the primary risk factors for cancer is overeating. This can be demonstrated in two different ways:

1. The increased risks of cancer brought on by obesity and
2. The preventative effects of eating less food.

According to a recent study from a prospective cancer prevention cohort, overweight and obesity were projected to be the cause of 20% of cancer deaths in women and 14% of all cancer deaths in men. Ovarian, oesophageal, colon and rectum, liver, gallbladder, pancreatic, kidney, stomach (in men), prostate, breast, uterus, cervix, and kidney cancers all had significantly increased death rates when compared with those with obesity. If every adult population maintained a normal weight (BMI 25.0), the scientists calculated that approximately 90,000 cancer deaths per year could be prevented. Undoubtedly, obesity is a significant cancer risk factor.

Blood Sugar Metabolism

A high-energy, low-nutrient snack known as junk food is refined sugar. The same issues may arise from "unrefined" sugar, which includes honey, evaporated cane juice, etc. because it is likewise exceedingly concentrated. Products made from refined wheat flour lack the wheat germ and bran, which results in a reduction in the fibre content by 78%, as well as the average amounts of the B vitamins and vitamin E, and the minerals, by 69% (USDA Food database, data not shown). The majority of the carbohydrates consumed by the average American are found in goods made from refined flour and concentrated sugar. Utilizing the glycaemic index is one approach to gauge how certain foods affect the body [3].

Limited fibre

Plant meals that have not been processed often include a lot of fibre. There is one thing that dairy products, eggs, and meat have in common: none of them contain fibre. Additionally, the majority of the nutritional fibre is eliminated from refined grain products. The normal American diet, which is high in animal products and processed grains, is therefore low in fibre[4]. Low fibre intake was not observed to increase the risk of breast cancer in prospective health studies. It's likely that fibre measures are merely a stand-in for consumption of whole plant foods. In contrast to refined grains, which were linked to an increased risk of rectal cancer identified an inverse relationship between consumption of fruits, vegetables, and whole grains and rectal cancer. The benefit was higher among older adults and required a minimum of roughly 5 daily servings of vegetables. Numerous additional nutrients, such as folic acid, which is discussed in more detail below, are co-variants with fibre.

Rough Meat

Colon and rectal cancers have been linked to red meat consumption. Additionally, red meat and processed meat were found to be strongly linked to colorectal cancer in a recent meta-analysis. An additional case-control research conducted in Uruguay linked meat consumption and the heterocyclic amines produced during cooking to breast cancer [5,6].

Fruits and Vegetables: A diet high in fruits and vegetables protects against cancer, which is one of the most crucial themes of contemporary nutrition science. (The most important takeaway is that this diet also

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offers protection from nearly all other diseases, including diabetes and cardiovascular disease.) A vast body of research backs the suggestion that people consume more fruits and vegetables. There are numerous processes by which fruits and vegetables are protective.

Conclusion

Human nutrition studies have previously shown reductions in breast cancer rates of 60% and in colon cancer rates of 71% for males without the known modifiable risk factors. Many of the other factors included in this review, such as significantly more fruits and vegetables, balanced omega 3 and 6 fats, vitamin D, less sugar, probiotics, and enzymes-factors that are all likely to have an effect on cancer-are not included in these decreases. Without a doubt, cancer could be prevented, and in some circumstances, it could even be reversed.

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Conflict of interest

None

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