

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

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## Foods Known to Prevent Cancer -Jo Francks MH

In the book Eat to Live by Dr. Joel Fuhrman there are many references to foods that help prevent cancer and other diseases. Following are some quotes from the book.

Pg. 5; High protein diet (and diets rich in animal products and low in fruits and unrefined carbohydrates) are likely to significantly increase a person's risk of colon cancer. Scientific studies show a clear and strong relationship between cancers of the digestive tract, bladder and prostate with low fruit consumption.

Pg. 35; Fruit consumption has been shown in numerous studies to offer our strongest protection against certain cancers, especially oral and esophageal, lung, prostate, pancreatic, and colorectal cancer.

Pg. 55; Observational studies around the world continue to find that the risk of colorectal cancer is lower among populations with high intakes of fruits and vegetables and that the risk changes on adoption of a different diet.



Pg. 62; Raw vegetables and fresh fruits have powerful anti-cancer agents. Studies have repeatedly shown the correlation between consumption of these foods and a lower incidence of various cancers, including those of the breast, colon, rectum, lung, stomach, prostate, and pancreas. This means that your risk of cancer decreases with an increased intake of fruits and vegetables, and the earlier in life you start eating large amounts of these foods, the more protection you get.

Pg. 80; The major cause of all diseases afflicting Americans today is a produce-deficient diet. On any given day, no fruit whatsoever passes the lips of half of all Americans.

Pg. 90; Vegetable and fruits protect against all types of cancers if consumed in large enough quantities. Raw vegetables have the most powerful anti-cancer properties of all foods.

Pg. 160; many diets have people afraid to eat healthful fresh fruits because they contain carbohydrates. Fruit consumption, however, shows powerful dose-response association with a reduction in heart disease, cancer and all-cause mortality.

Pg. 226; a high intake of refined grains in the diet is linked to common cancers. A high intake of fruits has the opposite effect. Fruits protect powerfully against cancer.

There are many diets that don't allow any fruits to be eaten. Some of those diets are anti-cancer diets. Others are weight loss diets. The research I have done points to fresh fruits and vegetables to be the main foods that help prevent cancer and other major illnesses. In order to overcome illness and disease it is suggested that 80 percent of the calories eaten come from fresh fruits and vegetables. Any patient of Dr. Christopher's who had an incurable illness was put on a diet of fresh fruits and vegetables, whole grains, nuts and seeds and when they followed that diet most of them got well. Hopefully our readers are enjoying the abundance of the fresh fruits and vegetables of the season with the intention of having excellent health and vitality.

**Jo Francks** is a Master Herbalist graduate of The School of Natural Healing. She is also a Holistic Iridologist and Quantum Touch practitioner.