

CANCER – AMERICA’S NUMBER TWO KILLER

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Facts About Cancer

As presented in Dr. Colin Campbell's book:

THE CHINA STUDY

- Cancer can be turned on and off by nutritional manipulation despite strong genetic predisposition.
- Only 2 -3 % of all cancers are gene related.
- Breast cancer can be lowered to near zero with certain lifestyle changes.
- Lower fat calorie intake to below 30% of total calories and you lower cancer risk.
- Fat calories from plant-based food sources (avocado, nuts, olive oil, etc.) decrease cancer formation risk.
- Lower blood cholesterol levels decrease cancer risk. Only animal foods raise blood cholesterol levels.
- Early menstruation places women at higher risk for breast cancer. High animal food intake causes early menstruation.
- Higher fiber intake was consistently associated with lower levels of cancer in many body parts – especially the rectum and colon.
- Antioxidant “pills” do not lower cancer rates but whole foods, plant-based so.
- Modern drugs have not been shown effective in treatment of most cancer patients.
- Higher amounts of protein in the diet are directly related to greater incidence of cancer in humans.
- Sugar causes cancer cells to multiply.

THE TRUE ANSWER TO CANCER:

- An animal protein intake of no more than 10% of your total calories decreases your risk of developing cancer cells even when exposed to high levels of carcinogens.
- Plant foods, organically grown, unprocessed, eaten when fresh, eaten in large amounts is the best guarantee we have for TOTAL HEALTH with freedom from all diseases.
- A high fiber diet (a clean colon) is essential for healthy, disease-free cells.
- Green and yellow foods decrease cancer cell growth.
- Without a doubt, animal foods in large amounts shorten our lives.

My editorial comments:

1. Without a doubt, [AIM's BarleyLife](#) is the single best antidote for any sick cell, including cancer.
2. [AIM's LeafGreens](#) is the best plant source for a complete protein. It has all the amino acids needed for good health.

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