

Rapport natuurlijke interventies bij kanker, ondersteunt door de wetenschap.

Voeding

- Kruisbloemige groenten tegen kanker (=kolen)
USA National Cancer Institute: cruciferous vegetables contain a group of substances known as glucosinolates, which are sulfur-containing chemicals. These chemicals are responsible for the pungent aroma and bitter flavor of cruciferous vegetables. During food preparation, chewing, and digestion, the glucosinolates in cruciferous vegetables are broken down to form biologically active compounds such as indoles, nitriles, thiocyanates, and isothiocyanates (1). Indole-3-carbinol (an indole) and sulforaphane (an isothiocyanate) have been most frequently examined for their anticancer effects. ¹ Cruciferous vegetables are part of the Brassica genus of plants. They include the following vegetables, among others: Arugula, Bok choy, Broccoli, Brussels sprouts, Cabbage, Cauliflower, Collard greens, Horseradish, Kale, Radishes, Rutabaga, Turnips, Watercress, Wasabi
- Paddenstoelen tegen kanker (=shiitake bv)
These data suggest that inhibition of growth in tumor cells by "mycochemicals" in shiitake mushrooms may result from induction of apoptosis. ² This study showed that the antitumor property of lentinan was maintained with oral administration. In addition, "primed" lymphocytes, when given passively to immunodeficient mice, were able to retard the development of tumors in these mice. ³
- Groene thee helpt tegen uitzaaiingen
The possible cancer-preventive activity of green tea constituents has been studied extensively and the amount of experimental evidence documenting the properties of green tea, which affects multiple signaling pathways (Fig. 1) against metastasis of cancer is increasing rapidly. ⁴
- Bewezen kankerverminderende voeding volgens American Institute for Cancer Research:
Appels, bosbessen, broccoli en kruisbloemige groenten, kersen, koffie, cranberries, lijnzaad, Grapefruit, Peulvruchten (droge bonen, erwten en linzen), soja, thee, walnoten, volkoren, bessen, donkergroene bladgroenten, Knoflook, druiven en druivensap, tomaten ⁵
- Curcumine tegen metastasen:
As a natural product, curcumin is both non-toxic as well as diversified in its inhibitory effects on a multitude of pathways involved in carcinogenesis and tumor formation. ⁶
- Omega 3 gaat ontsteking en kanker tegen:
Combination of chemotherapy and omega-3 supplementation appears an effective strategy to enhance the clinical outcome of cancer patients in their curative and palliative clinical trajectory. ⁷
- Beter biologisch eten, bestrijdingsmiddelen worden in verband gebracht met kanker: Conditional logistic regression analyses showed that the population living in areas with high pesticide use had an increased risk of cancer at all sites studied (odds ratios between 1.15 and 3.45) with the exception of Hodgkin's disease and non-Hodgkin lymphoma. ⁸
We believe that there is enough evidence to recommend that patients reduce use of pesticides. ⁹

Lifestyle

- Meer slapen: Our meta-analysis suggests a positive association between long sleep duration and colorectal cancer, and an inverse association with incidence of hormone related cancers like those in the breast.¹⁰
- Niet teveel suikers / snelle koolhydraten eten:
Case-control studies and prospective population studies have tested the hypothesis that there is an association between a diet with a high glycemic load and cancer.¹¹
- Mediterraan dieet tegen kanker:
A low-risk diet for cancer in the Mediterranean would imply increasing the consumption of fruit and vegetables, as well as avoiding increasing the intakes of meat and refined carbohydrates. Further, olive oil and other unsaturated fats, which are also typical aspects of the Mediterranean diet, should be preferred to saturated ones.¹²
- Sulforafaan werkt tegen kanker. Broccoli sprouts bevatten het meeste.^{13 14 15}
Less in Brussels Sprouts.
- Flax seed (lijnzaadolie): In conclusion, FS reduced the growth and metastasis¹⁶.
Dierstudie: The number of tumors per rat was reduced by 46% compared to the control in this study¹⁷
Nogmaals bevestigd: The flax treatment (at 2.5, 5, or 10% of diet intake) resulted in a 32, 54, and 63 percent reduction in the number of tumors, compared to the control¹⁸
- Selenium tegen kanker: There is some evidence that Se may affect not only cancer risk but also progression and metastasis.¹⁹
Seleniumrijke voeding: Paranoten / Oesters / Tonijn / Zonnebloempitten / Kip / Rundvlees / Champignons / Rogge / Sardientjes / Lever / Ei / Spinazie / Asperge / Kabeljauw.
- Bladgroen tegen kanker: The chemoprotective effect of chlorophyll and its derivatives has been tested in laboratory cell cultures and animals [107,108].
There is so much compelling evidence for anti-carcinogenic effects of chlorophyll that a prospective randomized controlled trial is being conducted in Qidong²⁰
- Foliumzuur tegen kanker: As shown in Tables Tables33 and and4,4, many studies have found a significant reduction in colon, rectal, and breast cancer with higher intakes of folic acid and their related nutrients (vitamin B-6 and B-12). Alcohol is an antagonist of folate, so that drinking alcoholic beverages greatly magnifies the cancer risk of a low-folate diet.²¹
- Vitamine D tegen kanker:
Indeed, 25(OH)D has been shown to inhibit growth of colonic epithelial cells , primary prostatic epithelial cells , and pancreatic cells . So, the laboratory work is confirming what had been seen some time ago in ecological studies of populations and sunshine exposure. The mortality rates for colon, breast, and ovary cancer in the USA show a marked north-south gradient. In ecological studies of populations and sunlight exposure (no individual data) sunlight has been found to have a protective effect for prostate cancer, ovarian cancer, and breast cancer . Recently Grant found that sunlight was also protective for bladder, endometrial, renal cancer, multiple myeloma, and Non-Hodgkins lymphoma in Europe and bladder, esophageal, kidney, lung, pancreatic, rectal, stomach, and

corpus uteri cancer in the USA . Several prospective studies of vitamin D and cancer have also shown a protective effect of vitamin D (see Table Table5).5). It could be that sunshine and vitamin D are protective factors for cancers of many organs that can convert 25(OH)D into 1,25(OH)D₂.²²

- Carotenoiden tegen kanker: However, there is a large body of literature that indicates that dietary carotenoids are cancer preventative. Wortels. Tomaat = Lycopene. A more recent follow-up report on this same cohort of men confirmed these original findings that lycopene or frequent tomato intake is associated with about a 30–40% decrease in risk of prostate cancer²³
- Vitamine C: werkt alleen intraveneus: There is some evidence that large doses of vitamin C, either in multiple divided oral doses or intravenously, have beneficial effects in cancer therapy [154-156]. Oral doses, even in multiple divided doses, are not as effective as intravenous administration.²⁴
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CBD olie

- Conclusie review 62 onderzoeken uit 2013: Collectively, the non-psychoactive plant-derived cannabinoid CBD exhibits pro-apoptotic and anti-proliferative actions in different types of tumours and may also exert anti-migratory, anti-invasive, anti-metastatic and perhaps anti-angiogenic properties. On the basis of these results, evidence is emerging to suggest that CBD is a potent inhibitor of both cancer growth and spread.²⁵
- Conclusie review 62 onderzoeken uit 2014: Cannabinoids exert a direct anti-proliferative effect on tumors of different origin. They have been shown to be anti-migratory and anti-invasive and inhibit MMPs which in turn degrade the extra-cellular matrix (ECM), thus affecting metastasis of cancer to the distant organs.²⁶
- Het blijkt dat als we meer bewegen, we dan onze kans op 13 soorten kanker verlagen.²⁷ Eerder kwamen vergelijkbare studies ook al tot dezelfde conclusie.²⁸

Juice

- De schatrijke Amerikaan David Murdock verloor zijn moeder op 42-jarige leeftijd aan kanker. Omdat hij niet hetzelfde lot wilde ondergaan heeft hij voor 500 miljoen een onderzoekscentrum gestart om te weten te komen wat zijn leven zou kunnen verlengen. De conclusie was dat groenten en fruit aanzienlijk kunnen bijdragen aan een vermindering van ziekten en je leven kunnen verlengen. Met name groentesap kan je gezondheid naar een hoger niveau tillen. Zo krijg je actieve plantenstoffen binnen die veel goeds voor je lichaam kunnen doen.²⁹
- Dr. Béliveau heeft een groentesapje uitgedokterd dat specifiek een remmende werking op kanker zou moeten hebben. Zijn sapje bevat broccoli, spruitjes, spinazie, bietjes, knoflook, bessen, grapefruit, aangevuld met 2 theelepels kurkuma, 2 theelepels zwarte peper, groene thee-extract en 10 ml lijnzaadolie. Van elke groente gebruikt hij 100 gram met als resultaat een cocktail van 270ml.³⁰

Zeer grote review concludeert (honderden en honderden recente studies):

What is the result when all of these things are put together? What if all of these factors reviewed here were taken into account and put into practice? This anticancer diet would have:

- adequate, but not excessive calories,
- 10 or more servings of vegetables a day, including cruciferous and allium vegetables; vegetable juice could meet part of this goal,
- 4 or more servings of fruits a day,
- high in fiber,
- no refined sugar,
- no refined flour,
- low in total fat, but containing necessary essential fatty acids,
- no red meat,
- a balanced ratio of omega 3 and omega 6 fats and would include DHA,
- flax seed as a source of phytoestrogens,
- supplemented with ~200 µg/day selenium,
- supplemented with 1,000 µg/day methylcobalamin (B-12),
- very rich in folic acid (from dark green vegetables),
- adequate sunshine to get vitamin D, or use 1,000 IU/day supplement,
- very rich in antioxidants and phytochemicals from fruits and vegetables, including α -carotene, β -carotene, β -cryptoxanthin, vitamin C (from foods), vitamin E (from foods),
- very rich in chlorophyll,
- supplemented with beneficial probiotics,
- supplemented with oral enzymes

Bron: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC526387/>

¹ <http://www.cancer.gov/about-cancer/causes-prevention/risk/diet/cruciferous-vegetables-fact-sheet>

² <http://www.ncbi.nlm.nih.gov/pubmed/16566671>

³ <http://www.ncbi.nlm.nih.gov/pubmed/12470439>

⁴ <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3142888/>

⁵ <http://www.aicr.org/foods-that-fight-cancer/>

⁶ <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3055228/>

⁷ <http://www.ncbi.nlm.nih.gov/pubmed/23299701>

⁸ <http://www.ncbi.nlm.nih.gov/pubmed/24269242>

⁹ <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2231435/>

¹⁰ <http://www.ncbi.nlm.nih.gov/pubmed/24460326>

¹¹ <http://www.ncbi.nlm.nih.gov/pubmed/15033662/>

¹² <http://www.ncbi.nlm.nih.gov/pubmed/15482626>

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- ¹³ <http://www.ncbi.nlm.nih.gov/pubmed/9294217/>
 - ¹⁴ <http://www.ncbi.nlm.nih.gov/pubmed/11352861/>
 - ¹⁵ <http://www.ncbi.nlm.nih.gov/pubmed/24114482>
 - ¹⁶ <http://www.ncbi.nlm.nih.gov/pubmed/15849746>
 - ¹⁷ <http://www.ncbi.nlm.nih.gov/pubmed/8875553/>
 - ¹⁸ <http://www.ncbi.nlm.nih.gov/pubmed/9500208/>
 - ¹⁹ <http://www.ncbi.nlm.nih.gov/pubmed/16313696>
 - ²⁰ <http://www.ncbi.nlm.nih.gov/pubmed/10495448/>
 - ²¹ <http://cebp.aacrjournals.org/content/17/9/2220.full>
 - ²² <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC526387/>
 - ²³ <http://www.ncbi.nlm.nih.gov/pubmed/11880478/>
 - ²⁴ <http://www.ncbi.nlm.nih.gov/pubmed/15068981/>
 - ²⁵ <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3579246/>
 - ²⁶ <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4171598/>
 - ²⁷ <http://archinte.jamanetwork.com/article.aspx?articleid=2521826>
 - ²⁸ <http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0067579>
 - ²⁹ <http://www.nytimes.com/2011/03/06/magazine/06murdock-t.html>
 - ³⁰ <https://www.richardbeliveau.org/en/cancer-prevention.html?showall=&limitstart=>