

Cancer and a Vegetarian Diet

Cancer has been declining over the years in the United States. Even so, it remains the number 2 ranked cause of death, according to the Center for Disease Control. Certain diets have long been associated with cancer. Actually many links have been made in association with some cancers and a person's diet. A vegetarian diet is quite possibly in lowest risk group when it comes to cancer. Whether you are looking out for your future and you have never had cancer or you are recovering from cancer, a vegetarian diet may be a wise choice for you.

Meat on the other hand has a possible risk for developing cancer, especially red meat. One theory as to why red meat is associated with cancer lies in the preparation of the meat. The thought is that most red meat is grilled, and grilling leaves a quasi- charcoal like substance on and in the meat. The connection is that charcoal is on the list for being a suspected carcinogen. So the meat is often grilled or broiled such that it is blackened on the outside. When you eat the blackened surface of your hamburger or steak, you are actually eating charcoal. My own personal belief has to do with the cows themselves. The other theory is that the cows are occasionally fed hormones which stimulate their tissue growth. It could be that those hormones continue to work after the cow is dead. Instead of stimulating healthy muscle growth though, they start to mutate and affect healthy cells negatively. The problem is that pigs and chickens are also given the same supplements. If this were true then chicken and pork would have the same cancer risks as red meat, which they do not. By eliminating all meat, the chances of developing cancer are statistically reduced.

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Vegetarian diets contain foods that are rich in antioxidants. Antioxidants work with your body's natural defenses to combat diseases, as well as to produce healthy tissue growth. Antioxidants fight cancer. Spinach and blueberries are two foods that are rich in antioxidants. Green tea is another great source.

Avoiding red meat and eating a vegetarian diet rich in antioxidants, you can improve your odds of getting cancer. Now that's some odds I can live with!

John A. Hrivnak

It's always better to have options. Having the option to change your diet to decrease the chances of cancer is a true blessing and a choice that is easy to make. For information on all aspects of health; go to my site at <http://informationinstantly.com>