

## **The Gluten Intolerance Cancer Connection... or What the Cancer Research Centers May Know but Can't Tell You!**

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In nearly all episodes of Star Trek TV the phrase "shields up" is used. When an enemy was about to attack, the captain would command or the tactical officer would ask "Shields up Captain"? It would be great if every time you were about to eat something that will make you sick a little voice would say, "shields up." But over time we have learned to hear another voice. The voice of advertising, the voice of "health" authorities, even your own voice whispering or crying out "Eat this."

We have been slowly programmed to trust company advertising and the Food and Drug Administration. If the FDA a federal bureaucracy says it is safe then why not believe them? How many times in recent history have we seen a product previously approved by the FDA and then subsequently removed because it was dangerous. Over the past few years we have learned that the FDA has not been and never has "tested" these additives and drugs. They have no shields. They have no Captain Kirks or Picards who defy the authorities who have made bad decisions. The answer is always more money and more research for more chemicals, more drugs, and more vaccines. The FDA is in fact a large group of inspectors. Their job is to read the "reports" and inspect the testing procedures of the drug companies. They do not independently test new products and drugs. What have we gotten for all that money spent?

Those who make money on cancer and cancer research do not want this information getting out. You will not hear this information on Oprah or on major news networks or even on popular TV shows. Why? Because it would mean the end of the gravy train for the drug companies research centers devoted to what they call "cancer" research. It would mean the end of many businesses who have created misconceptions about what causes cancer and the expensive treatments they dream up.

All cancers can be linked to three main causes. Poor nutrition, environmental toxins, and mental attitude. This discussion is about nutrition, or rather, the lack of it.

In 1978 malnutrition was determined to be a major factor in children with cancer. According to the article *Malnutrition in children with cancer, Incidence and consequence* by Jan Van Eys, PhD, nearly 38% of all childhood cancers were attributed directly to malnutrition. Despite this fact most medical schools only require 25 hours of instruction on nutrition.

That is not 25 credit hours. It is a total of 25 hours or less, which is about 2 credit hours or one course. Why? Because most medical schools are funded heavily by pharmaceutical companies. There is just not a lot of money in good nutrition. See the *American Journal of Clinical Nutrition*, Vol. 83, No. 4, 941S-944S, April 2006 or <http://www.ajcn.org/cgi/content/full/83/4/941S>

Malnutrition can have several causes. One of the most common but under-diagnosed causes is celiac disease and gluten-intolerance. Anyone who has cancer or any chronic ailment should insist on tests to determine whether they have Celiac Disease, gluten-intolerance or gluten sensitivity. They should also be tested for corn, soy or dairy allergies. Why?

Because Celiac disease and gluten intolerance prevents the small intestine from absorbing nutrients from all foods. If you are not receiving the nutrients your body needs to fight disease then your shields

are down and cannot be raised. You are a target for many diseases; including the development of cancer.

### **What about Breast Cancer?**

According to Dr. Tori Hudson, Naturopathic Physician, studies show diet can impact your risk of breast cancer. The following groups of women all had lower rates of breast cancer than the general population: Vegetarians, Women who eat a high fiber diet, Women who eat fish and/or soy products, Those whose diets include olive oil, Women who drink green tea, Those who eat plenty of fruits and vegetables

In Italy a comparative study on Celiac disease was performed to determine its connection with cancer.

### ***Delayed diagnosis of coeliac disease increases cancer risk***

*Marco Silano<sup>1</sup>, Umberto Volta<sup>2</sup>, Anna Maria Mecchia<sup>1</sup>, Mariarita Dessi<sup>3</sup>, Rita Di Benedetto<sup>1</sup> and Massimo De Vincenzi<sup>1</sup> for the collaborating centers of the Italian registry of the complications of coeliac disease. "This paper confirms that the gluten-free diet is likely to protect from the development of malignancies in CD patients, since higher is the age at diagnosis of CD, higher is the risk of developing a malignancy, Therefore, the importance of a prompt diagnosis of CD is emphasized. Our data requires to be confirmed by larger population based studies, but some implications for an accurate screening for cancers in people with CD are added."*

In Italy, where celiac disease is common, all children are screened for celiac disease. They also test all adults who present known symptoms for celiac. Since over 300 symptoms are attributable to gluten-intolerance it makes sense to test for this first.

Studies on gluten-intolerance and celiac disease have not been done with regard to breast cancer specifically. Given the evidence that nutritional mal-absorption causes so many symptoms and diseases, one could easily conclude that cancer risks would be much higher in those who are gluten-intolerant. The celiac would have the most risk

Too many people suffer with some type of ailment all their lives and never connect their suffering to their eating. We all pay a higher price for this. Our taxes, health insurance, medical bills, lost wages and more doctor visits all contribute to a lower standard of living and a lower level of health and vitality. What if you find out that you truly are what you eat? Does that mean you have to eat bad tasting food to get better? NO! What it means is you have to retrain your brain.

There is no one super food, vitamin or food supplement that will cure cancer. However numerous people have overcome cancer by eating what is right for their bodies. Don't expect to find these answers from those who make money on sickness. Test it for yourself. Prevention is cheaper than the "cure!" The best way to keep your shields up is by having the most nutritious diet possible.

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