

# **CANCER – AMERICA’S NUMBER TWO KILLER**

## **Facts About Cancer From *THE CHINA STUDY* by Colin Campbell**

- 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 place 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 do 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 is another food that causes cancer cells to multiply.

### **THE TRUE ANSWER TO CANCER:**

- A 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.
- Without a doubt, AIM’s BarleyLife is the single best antidote for any sick cell, including cancer.