

ANTI-INFLAMMATORY DIET HELPS PREVENT CANCER NATURALLY

50 per cent of all cancers can be prevented based on what we know today. Inflammation is closely linked to cancer. Controlling inflammation in our body can reduce cancer formation. Most studies indicate that an anti-inflammatory lifestyle could play an important role in both prevention and treatment of cancer. Factors that cause inflammation in our body are smoking, wrong food choices, lack of physical activity, stress, lack of sleep, mental health issues, obesity, infections, as well as prolonged exposure to pollution and radiation.

It is hard to recognize presence of inflammation in our body. In fact obesity is considered as an inflammatory state. The symptoms and signs are vague and not well defined. Presence of fatigue, low energy levels, stress, ongoing pain, allergies, asthma, and digestive problems like persistent bloating, indigestion, abdominal pain, acid reflux or changes in bowel habit is suggestive of presence of inflammation.

Choosing an anti-inflammatory diet and lifestyle is crucial to achieving optimum health and happiness too. It not only reduces inflammation and other chronic lifestyle diseases, but also improves immunity and overall health.

Talking about anti-inflammatory diet, there's tremendous wealth of evidence to support the role of food and nutrition, physical activity and composition of our body, to influence cancer development. Food has the power to inhibit several events that lead to cancer, or contribute to cancer development. Interestingly, dietary factors contribute great-



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er compared to tobacco and infections. Simple mutagens present in food can cause DNA damage.

Fruits and vegetables have hundreds of anti-inflammatory agents. It's best we eat a variety of fresh fruits and vegetables across the entire spectrum. Eat foods that are rich in omega 3 fats, like fish and flax seeds, and the specific anti-inflammatory foods like avocados, olive oil, walnuts and almonds. Fish

is one of the best-anti-inflammatory foods, however it is important to consume fish with low mercury or toxin levels. Water is still the best drink. Reduce whites like salt, white flour, white sugar and white rice. Highly processed foods like crackers, chips, cured meats, instant cereals, canned foods, and frozen meals. Meat, eggs and dairy are also considered inflammatory foods. Eat in moderation foods like whole grains, legumes, beans and seeds. They increase fiber intake and help regulate blood sugar and insulin levels, but are also known to promote inflammation in increased amounts. It is a good habit to read food labels to assess the nutrient intake and presence of artificial ingredients, coloring agents, flavoring agents and food stabilizers. Even in small amounts they disturb our innate environment.

The biggest culprits that cause low-grade persistent inflammation in our body are added salt, refined sugar, hydrogenated fats, trans fats and highly refined grains. By choosing our food and lifestyle wisely, we are protecting ourselves not only from cancer but almost all lifestyle diseases, which includes heart diseases, diabetes, and autoimmune diseases.

FOR MORE DETAILS ON CANCER PREVENTION, DR. YAQIN CAN BE REACHED OUT AT:

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